

A MUST-READ
NEW BOOK ON
MENOPAUSE

THE ULTIMATE
SPRING CLEANING
GUIDE

SALADS THAT
ACTUALLY
FILL YOU UP

LISA RAITT ON
MARRIAGE AFTER
ALZHEIMER'S


CHATELAINE

EASY-
BAKE
SPRING
CAKES
P 74

**No matter
how you slice it**

**It's been tough.
Eat some cake.**



A close-up portrait of Claudia Maria Ferreira da Costa Fencer, a woman with short, styled grey hair and a serene expression. She is wearing a white high-collared shirt with two visible buttons. In the foreground, a silver Clarins hairbrush and a black hairbrush are positioned diagonally across the lower right. The background is a soft, warm-toned gradient.

*“Still learning
Still resilient.
Still radiant.”*

Claudia Maria Ferreira da Costa
FENCER

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Eight great
Canadian laundry
products. P 27



May/June

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88



ON THE COVER

Recipe by Irene Ngo; produced by Sun Ngo; photography by Erik Putz; food styling by Dara Sutin; prop styling by Catherine Doherty; painted surface by Caitlin Doherty.

Notebook

9 Agenda

What to read, watch and listen to this month.

Style

16 Notes

Three buzzy skincare ingredients and more.



20

18 Capsule collection

Hit refresh on your wardrobe.

20 It takes two

Four mother-daughter duos test drive spring's top trends.

Home

26 Notes

Inside the prettiest laundry room we've ever seen.

27 It's a wash

Laundry-day essentials from Canadian brands.

30 Clean sweep

A get-it-done cleaning guide.

Health

40 Notes

Why are there suddenly mushrooms in everything?

42 The truth about The Change

Dr. Jen Gunter just wrote the book on menopause.



This gripping debut explores adoption from many angles.
P 11

Life

46 How to build a feminist city

Imagine if cities were designed with daycare drop-offs in mind.

54 The best-laid plans

Meet five couples who forged ahead with highly unique weddings in a highly unusual time.

62 “Every day that I get through is a good day”

Former MP Lisa Raitt on her latest role: caregiver to her husband, Bruce.

Food

70 Notes

We put three Canadian cold-pressed oils to the test.

71 A reluctant icon

Remembering Noorbanu Nimji, a culinary force from Calgary who shared her spicy touch with the world.

74 This takes the cake

Four easy-bake spring cakes, including a dreamy, four-layer pistachio wonder.

80 All dressed

Which one of these meal-in-a-bowl salads should you try first? It's a toss-up.

88 Buns out

Chicken, beef or plant-based: We've got a burger for you.

94 The dinner plan

Five weeknight-hero recipes.

In every issue

7 Editor's letter

8 You tell us

98 Humour

How to stop snacking between snacks.



Every one of our recipes is tested multiple times to make sure it's delicious and foolproof.



25

54



CHECK THIS OUT

We've added icons to indicate products from companies that are Canadian and/or owned by Black people, Indigenous people or people of colour (BIPOC).

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THE POWER OF Q10

Live more and worry about wrinkles less, with NIVEA's Q10 Power range, formulated to give your skin back what it's lost with age

Life is unpredictable. It pulls us in all sorts of directions, often leaving little time to sweat the small (and, sometimes, big) things, like taking care of our skin. You're a hard worker and you want your skincare to work just as hard. Enter: NIVEA Q10 Power, a magic wand in a container, backed by science that works for you, while you're busy doing everything else. Twenty years of research brings coenzyme Q10, an innovative firming and anti-wrinkle agent that already occurs naturally in the body, to your bathroom shelf. Bring energy, radiance and youthfulness back to your skin without thinking twice—you deserve it.

OUR SECRET IS OUT

Over time, our skin loses elasticity, leading to wrinkles and tired-looking skin. The secret behind looking young and taut is Q10, a coenzyme that's already found in every skin cell, but lessens over time. NIVEA's range contains Q10 that's not only backed by over 20 years of research and protected by 14 active patents, but is 100% identical to what your skin produces naturally. Developed using a natural yeast fermentation process, perfectly crystallized and 99.4% purified, the Q10 Power line will replenish your skin, help fight free radi-

cals and repair its moisture barrier. Your fast-pass to firmer, younger-looking skin is right at your fingertips.

MORE THAN SKIN DEEP

The Q10 story dates to 1957 when American scientist Frederick L. Crane discovered the coenzyme, similar to a vitamin. In 1998, NIVEA made it accessible to the masses, paving the way for Q10 as one of the most important active ingredients in anti-aging. It stands the test of time, and will help your skin do the same. Q10 contributes to cell energy production and cell protection, and acts as an antioxidant working to fight off free radicals that cause skin to age faster. It's much more than skin deep—the coenzyme penetrates the outer layers of skin to nourish your face and build younger-looking skin.

SOMETHING FOR EVERYONE

The best part about the NIVEA Q10 line is it works for everyone—even those looking to take preventative measures to honour their skin as they age. Your skin is uniquely yours, so NIVEA has created five different product groupings to target common issues like sensitive, dry and tired skin.

For the ultra-sensitive face, there's an entire line without added alcohol, para-

bens, colourants or fragrances. Dry skin gets the ultimate moisturizing treatment with products containing nourishing organic argan oil that helps repair the skin's moisture barrier. Vitamin C visibly energizes tired-looking skin, giving it a shot of energy and radiance with every use. Even those with normal and combination skin have something to try out. Or, better yet, mix and match from the line to create the perfect routine, tailored to your needs.

GO THE EXTRA MILE

We know that certain seemingly smaller steps, like applying SPF and eye cream, can get easily forgotten about in the shuffle of life. That's why NIVEA's made both a part of your anti-aging routine. You're not just applying sunscreen—you're applying a skincare product, the Q10 Power Day Cream with SPF 30, which protects you from the sun while encouraging cell regeneration.

The skin underneath your eyes is extra-sensitive and delicate, making it susceptible to showing signs of aging quickly. Eyes are the window into the soul, which is exactly why they deserve some extra TLC with NIVEA Q10 Power Eye Cream, a fragrance-free formula that helps reduce dark circles and wrinkles.



Also in this issue



HOW TO BUILD A FEMINIST CITY

Imagine if cities were designed to make daycare drop-offs easier or walking at night safer (page 46).



IN JEN GUNTER WE TRUST

The Winnipeg-born ob-gyn just wrote the book on menopause (page 42).



A RELUCTANT ICON

Meet a Calgary grandmother and cookbook author who shared her spicy touch with the world (page 71).



SALADS THAT SATISFY

Four meals-in-a-bowl featuring hearty add-ins and fresher-than-fresh flavours (page 80).



On moms and Mother's Day

I'VE BEEN THINKING a lot about my mom lately. We are incredibly close—she raised me largely on her own, after my dad passed away when I was 10—and I wouldn't be where I am today without her unwavering love and support for every single choice I've ever made (including, in retrospect, some pretty dumb ones).

In normal times, even though we live in different cities, we'd usually be able to spend one week-

end together each month. But I realized the other day that I've only seen her for three 30-minute visits in the past year, due to COVID restrictions at her long-term care home (including an excruciating 81-day outbreak). It hurts my heart to think about this for too long, and I hope we can start making up for lost time soon.

Pandemic aside, loving someone who has Alzheimer's—as my mom does—is also a very particular form of loss; one that's hard to explain to anyone who hasn't experienced it. Unfortunately, as I've become more open about my mom's condition, I've realized just how many people's lives are impacted by this insidious disease, including Lisa Raitt, the former deputy leader of the federal Conservatives. In this issue, she shares a candid and intimate look at what it's like to be a caregiver to her husband, Bruce, who has young-onset Alzheimer's (page 62). I'm grateful to Lisa for sharing her experience, and I hope it provides some element of recognition, and comfort, for anyone coping with similar circumstances.

Lest you think I'm a complete downer—which one reader recently wrote in to tell me I am!—there is a lot of joy to be found in this issue. I was lucky enough to drop by the tail end of our (masked, shielded, socially distant) mother-daughter fashion shoot, and the enthusiasm emanating from the pair of models I briefly met, Simone and Jenelle, was palpable. I love that they had so much fun on this shoot, and the proof is in their radiant portrait as well as those of our other mother-daughter duos (page 20).

Also joyful: a peek inside the prettiest laundry room I've ever seen (page 26), dispatches from five unexpectedly sweet pandemic weddings (page 54), and four easy-bake cake recipes (page 74), including the strawberry-chocolate stunner on our cover.

Wishing you a happy, healthy, safe and sunny month as we inch—however slowly—out of this pandemic.

Maureen Halushak

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[COMMENT OF THE MONTH]

Vibing at 80

I want Buffy Sainte-Marie's whole vibe when I'm 80. Scratch that—I want it NOW. What a total joy-bomb of a cover! —Deborah Aarts

Where credit's due

I certainly feel badly for the actors who nobly decide to stay and work in Canada: the casts and crews who earned 2021 Canadian Screen Award (CSA) nominations, and the ones whose awards ceremony you neglected to mention in your latest issue ["Feel sorry for movie stars," April]. In it, you noted the SAG awards, BAFTAs, Independent Spirit awards and the Academy Awards, but no CSAs. Canadian "movie stars" deserve more from *Chatelaine*. —Beth Gleason, Penticton, B.C.

Missed opportunity

I have been a *Chatelaine* subscriber for years. I was happy to receive my Green Issue [April]. One of my long-time peeves, however, was

even more troubling than usual when my Green Issue came wrapped in the same old single-use plastic. Why would *Chatelaine* not use the opportunity to take a small leap forward and help the world stop filling landfills, lakes and oceans with the substance that is so damaging to so much of the earth? I look forward to the day when my *Chatelaine* arrives in a plain brown compostable (or at least recyclable) paper wrapper. —Anonymous

History well recorded

Read Raina Delisle's "Collision course" [April]. Great bit of true history, well recorded! Effectively shared because you and others cared! Thank you! Merci! Miigwetch! —David Lance, Bradford, Ont.

All for profit

Sad commentary on Canada ["Collision course," April], how they treat Indigenous people and use the poor and economically disadvantaged to dump on. All for the profit of the industry. Yes, the U.S. does, too. Shameful. —@FredSiegel13

Smile mail

I LOVED this cover [April]. Buffy's beautiful smile instantly uplifted my spirits when I received it in the mail <3 —@ClaraHo88

Thrifting reality

Such an interesting read ["The secret life of second-hand clothing," April]. Love that so many teens (like mine) are into thrifting, but good to know the big picture is not all rosy. —@CShorthouse

We love hearing your feedback on the magazine—please keep it coming. Send your thoughts to letters@chatelaine.com.

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7

THINGS TO
DO RIGHT
NOW

agenda



1

[HAPPY ENDING]

Send Annie off in style

Annie, a self-described fat woman, has a whole new sense of confidence in the third and, sadly, final season of *Shrill*. The often hilarious, always relatable show has seen Annie (played by *Saturday Night Live*'s Aidy Bryant) find her voice as a journalist while discovering body positivity. Now, fresh off a breakup with a boyfriend who didn't deserve her, she hooks up with new partners and tells off fatphobic doctors with conviction. And after some tension last season, she and roomie Fran (Lolly Adefope) reflect on their meaningful friendship, as flashbacks explain how they've grown together.

The self-esteem-boosting soundtrack and gorgeous plus-size fashion are part of why *Shrill*'s authentic depiction of the bumpy, never-ending road to body acceptance is so cathartic. As Annie continues to figure out how to love herself after dealing with self-hatred for so long, her finale is a must-watch.  *Season 3 of Shrill is on Crave, May 7.* — Lora Grady

Nicole Katsuras, *Picnic for Two*, oil on canvas, 48 x 60 inches.
Art Gallery of Ontario rental, \$300 per month.



2

[EYE CANDY]

Borrow something new to look at

There's nothing like original artwork to add to your home's atmosphere, especially when you're stuck there. But art is expensive—so rent some! It's a fun way to try out a new look without the price or pressure of a long-term commitment. Here's how to do it

Written by NATALIE MICHIE

Ask an expert

Many art-rental programs offer virtual consultations: You send in a description of your style and pictures of your space, and experts offer personalized options. At the Art Gallery of Ontario (AGO), coordinator Claire Kyle and the art rental and sales team curate a digital portfolio after clients fill out a questionnaire.

Remember that you don't live in a gallery

Six-foot-tall paintings look amazing at the AGO but might not work as well in your condo. Sizing depends on whether you want something bold or just a little accent. Kyle says that, as a general rule, wall art should take up 60 to 75 percent of available wall space that isn't covered by furniture or mouldings.

Consider the lighting

If there's a wall in your home with good lighting, that's a prime spot for displaying art. Just be mindful to not hang pieces in direct sunlight, as this can deteriorate and fade the artwork over time, says Zoe Mackoff de Miranda from the art rental and sales program operated by the Vancouver Art Gallery (VAG).

Go with your gut

If a piece speaks to you, listen. "Finding a space for an artwork is sometimes secondary, and going with an artwork that you are really drawn to is a good way to start," says Kyle. When browsing through options, try a process of elimination, weeding out what you definitely don't want.

Switch it up again

Renting allows you to experiment with what you like and what works in your space. The whole point is to try something new, so you can't really make a mistake, and Mackoff de Miranda says clients often swap out pieces seasonally. That said, if you fall in love and decide to buy, programs will often credit a certain amount of the rental fee (which is a percentage of the purchase price) toward making it part of your permanent collection.

Rental collections are separate from main-gallery ones. VAG art rental and sales, available in B.C., minimum one month, vanartgallery.bc.ca/art-rental-and-sales. AGO art rental and sales, available throughout Canada, minimum three months, ago.ca/shop/art-rental-sales.



[EVERY DAY IS CHILDREN'S DAY]

Appreciate moms

This is a particularly gruelling time for mothers, who are juggling domestic concerns and paid work while managing the isolation and anxiety of a raging virus. One silver lining (if we can call it that) has been a new kind of radical transparency about what it takes to be a parent.

These books challenge our notions of who a mother is and what a family can look like

Written by AMIL NIAZI

3

[NEW WINDOW]

Get outside— with the help of an app



The pandemic has turned even the dieharden city slickers into great outdoorswomen. Parks are the new pubs, hikes are the new hot yoga and, for anyone lacking in knowledge of the Canadian backwoods, AllTrails is the new must-have app. It's sort of like Instagram, but with more nature porn and fewer mask selfies: The database of more than 100,000 trails has endless options for hiking, sure, but also biking, canoeing and horseback riding. Search filters include length of activity, accessibility, degree of difficulty, kid- and dog-friendliness, and proximity to natural wonders (wildflowers, waterfalls) and urban comforts (the closest pub). A \$30 annual upgrade to the pro version gives you access to GPS-enabled maps that work even without a wi-fi signal, and can notify contacts if you're running late or lost. Route reviews are crowdsourced and full of helpful hints from those who trod (or pedalled or paddled or trotted) before you.

Available in the Apple App Store and on Google Play.



Crying in H Mart
by Michelle Zauner

This hilarious memoir from a Korean-American writer is an expressive, joyous book about food, family, identity and loss. Zauner's beautifully sketched portrait of her mother will leave any second-generation immigrant giggling and crying about the poignancy and power of our own moms and the food that ties them to us. *Out now.* 📖



We Are Bridges: A Memoir
by Cassandra Lane

"At 16, I had decided, fervently, that I would not become a mother... I would not bring another Black child into a world of such oppression and lack." This breathtaking memoir is both a tribute to the writer's ancestors, including a great-grandfather who was lynched in a small Southern town, and a testimonial to the experience of Black motherhood. *Out now.* 📖



Other People's Children
by R.J. Hoffmann

Mother's Day is especially fraught for those struggling with infertility, and this gripping debut gives voice to that anguished isolation as it explores adoption from many sides. Gail is a woman longing for motherhood, Paige is an adoption worker eager to satisfy, and Carli is a pregnant teen who chooses Gail to adopt her baby, before things take a harried turn. *Out now.*



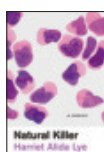
The Family Way
by Christopher DiRaddo

From the author of *The Geography of Pluto* comes this tender exploration of familyhood set in Montreal. Shortly before his 40th birthday, a gay man named Paul is asked by his two best friends, Wendy and Eve, to be their sperm donor. As Paul embarks on this emotionally weighty process, he unpacks his own relationships and insecurities along the way. *Out now.* 📖



We, Jane
by Aimee Wall

This phenomenal book centres on Marthe, a displaced Newfoundlander who befriends an older woman with whom she heads home to the island. There, the two join an underground collective of abortion providers who all call themselves Jane. The fight for access to reproductive services is ongoing in the Maritimes, and the work of rural abortion care generally remains taxing but critical. It's timely, essential and prescient reading. *Out now.* 📖



Natural Killer
by Harriet Alida Lye

Motherhood transforms our relationship to our mothers, as we're compelled to see them for the fallible, flawed, real women that they are. It also alters our view of ourselves, as we revisit what it means to be a daughter. Lye paints a portrait of this realization as she explores her unexpected path to motherhood while reliving her childhood leukemia. Each side of the equation is rendered in heart-breakingly accurate detail. *Out now.* 📖



The Fourth Child
by Jessica Winter

Another searing exploration of the mother-daughter relationship and all the anger, chaos and sadness of family life. As her three children get older, Jane adopts a girl from eastern Europe, unaware of the traumas faced by children left behind in Romanian orphanages with very little affection. Jane's relationship with her family, particularly her eldest daughter, is tested to the limits. *Out now.*



Of Woman Born: Motherhood as Experience & Institution
by Adrienne Rich

Originally published in 1976, Rich's engaging, hugely influential tome on the systems and institutions that shape motherhood blends theory and critique with personal reflections and experience. This new reissue features a powerful foreword from Eula Biss that easily makes the case for why this is still necessary reading all these years later. *April 27.*

See the light

Written by YANIYA LEE

IN FEBRUARY, veteran curator Michelle Jacques became head of exhibitions and collections at Saskatoon's Remai Modern art museum, the latest stop in a career that has taken her from coast to coast. Along the way, Jacques has earned a reputation for bold and unusual choices, and her efforts have been instrumental to the inclusion of Black, LGBTQ+, racialized and female artists at major Canadian arts institutions.

Here, Remai Modern's newest chief curator shares her thoughts on *Monument to East Vancouver*, an illuminated sculpture by Vancouver artist Ken Lum, with whom she's organizing an upcoming exhibition.

1

Respect the locals

In 2012, Jacques moved to B.C. to become chief curator at the Art Gallery of Greater Victoria. She spent more time in Vancouver, noticing its divisions, and "the depth of the work really hit me." The city's east side is the historical home of immigrants, the underhoused and those living in poverty. Lum grew up in Chinatown and "thinks very deeply about its gentrification and how people are getting pushed out."

2

Breaking ground

"He was way ahead of his time," Jacques says of Lum, who explored "the experiences of immigrant communities in Canada and how that relates to legacies of colonialism," as far back as the 1990s. Addressing how racialized people fit within the fabric of Canada is an important theme in Jacques' own practice. Throughout her career, she's committed to connecting with local audiences to make galleries more accessible and welcoming.

3

Take notice

At just over 17 metres tall, Lum's illuminated sculpture is highly visible at night. Jacques says that's one of the reasons it successfully overcomes the challenge of creating art for city spaces. "Public art is expensive. There's so much pressure put on artists to meet the needs of all of the stakeholders that, too often... the work is compromised by conflicting demands," she says. "This is an example of a work that wasn't compromised. It's big; it's bold."

4

Other stories

In recent years, sculptures of John A. Macdonald and other statesmen have been toppled by demonstrators challenging how the nation's colonial history is remembered. Lum's piece imagines a future with a more honest past. "It makes me think about how we can push the idea of the monument forward," says Jacques. Instead of declaring "no more monuments... his work can create a legacy for a community that doesn't usually get monuments built to them."

5

Words and pictures

As an emerging curator, Jacques became familiar with Lum when he and Stan Douglas were the only artists of colour in the Vancouver School, a group of local photographers drawing attention for their avant-garde work. She liked the interdisciplinarity of his practice. "He moves between different aesthetic approaches. The work that I first got to know was kind of a combination of photo and text."

6

Outdoor voices

The history of Canadian art is characterized by a rich landscape tradition. Lum's monument is "a contemporary, more realistic landscape than... the Group of Seven or Emily Carr," Jacques says. "Situating the work in [a] downtown, troubled landscape and making us look not just at the monument but at the space around it moves us toward a better understanding of the Canadian landscape."

Ken Lum, *Monument to East Vancouver*, 2010. Concrete, steel, aluminum, impact-modified acrylic, LED illumination. 17.5 metres. Collection of the City of Vancouver.

PHOTO: ZHENWANG WANG/DREAMSTIME.COM



STOP DOOMSCROLLING

Written by **ZEAHAA REHMAN**



Kick, punch and dodge your way through traps to find your way out of a dangerous—but picturesque—dungeon. This ever-changing, isometric game is almost as fun as a night out at Dave & Buster's.

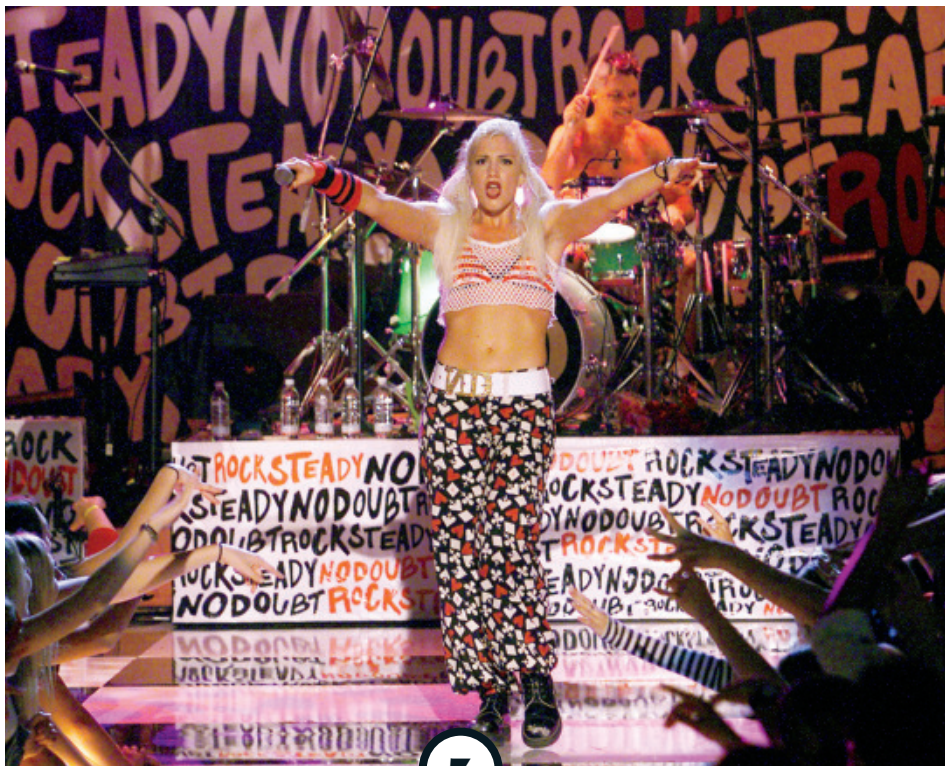


For those of you self-isolating sans children, pets or plants, it's time to discover the soaring highs and spiky lows of virtual parenthood. Jump your way across blades, balloons and hat-wearing burgers to find your unruly and impulsive children who, like you, are radishes.



Good news: You can escape to a digital solitary island, even though COVID-19 has made it impossible for you to go to a physical one. **Bad news:** The island is ruled by a mysterious witch who has put a curse on you, and you must uncover her true identity to break it.

All games are free on Google Play and in the Apple App Store.



This spring promises the return of some of our favourite queens of '90s counterculture. Here, a who's who, what's new, gossip-packed nostalgia primer

Written by **COURTNEY SHEA**



Then: A slip-dress-sporting guitarist, whose *Exile in Guyville* (a rebuttal to the Rolling Stones' *Exile on Main St.*) was the era's musical ballbuster.

Now: The release of *Soberish*—her first album in a decade—will hopefully include a tour alongside Alanis Morissette and Garbage.

Notable side project: Her 2019 memoir, *Horror Stories*, talks about love, sex and surviving life's "small indignities" with signature Phair frankness.

'90s gossip nostalgia: Phair cold-called Matador Records and told them to put out her first album. They did.



Then: An indie-scene staple, as part of bands like the Lemonheads, Blake Babies and Some Girls. Her contribution to the era-defining *Reality Bites* soundtrack probably convinced you to spend fiiiiiiiiiiiiive minutes in the closet with someone gross.

Now: Her new album, *Blood*, is a reaction to all of the pain and suffering of the Trump era. But also—according to Hatfield—fun.

Notable side project: A 2018 album of Olivia Newton-John covers.

'90s gossip nostalgia: When the whole world was creepily obsessed with her 23-year-old virgin status.



Then: Okay, not technically a grunge goddess, but the first out lesbian to crack the mainstream was a riot grrrrl in her own ways. Her 1992 breakout, *Ingénue*, left us in a state of constant craving.

Now: A new release, *Makeover*, will feature unearthed '90s dance-mix versions of her hits.

Notable side project: Going croon-for-croon with Tony Bennett on a Grammy-winning album of American standards.

'90s gossip nostalgia: Her sizzling *Vanity Fair* cover, on which a butch, suit-wearing lang gets shaved by Cindy Crawford. It sent the Bible belt into hysterics.



Then: Whether she was belting out anthems—"Don't Speak," "Just a Girl" or "Spiderwebs"—or inventing athleisurewear (and, some might say, cultural appropriation), No Doubt's fiery front woman was bringing the grunge scene to the gossip rags.

Now: The exact drop date for her new album is still TBD. If the first single, "Slow Clap," is any indication, expect a return to her rock-steady roots.

Notable side project: Judging on *The Voice*, alongside her fiancé, country star Blake Shelton.

'90s gossip nostalgia: Gwen and Gavin (RIP).

style

Our models are all in the family: Catherine (centre) and her daughters, Caitlin (left) and Tara.



[TRENCH TWIST]

One coat, three looks

There's nothing more versatile than a belted trench coat—or is there? This three-in-one topper by Canadian brand Kit and Ace features hidden snap buttons that instantly transform the timeless knee-length coat into a long vest or a cropped jacket. Better yet, its water-repellent, quick-dry fabric will stand up to spring showers and coffee spills for years to come. *Three-in-one jacket, \$298, kitandace.com.*

TEXT, ANDRÉANNE DION; PHOTO, CARMEN CHEUNG; PRODUCER, AMÉE NISHITOBA; MAKEUP & HAIR, ROBERT WEIR AND WENDY RORONG/PLUTINO GROUP USING MOROCCANOIL; STYLING, CYNTHIA FLOREK; ASSISTANT, KARYSSA PAEZ; ON CAITLIN: BLOUSE AND SHORTS, KITANDACE.COM; LOAFERS, JEFFREY CAMPBELL VIA NORDSTROM.CA; EARRINGS, JOEFRESH.COM; RING, CUCHARA.CA; ON CATHERINE: SHIRT, HORSESATELIER.COM; PANTS, KITANDACE.COM; BOOTS, DR. MARTENS VIA NORDSTROM.CA; EARRINGS, HM.COM; ON TARA: SHIRT, HM.COM; PANTS, KITANDACE.COM; SNEAKERS, VEJA VIA NORDSTROM.CA.



Always wear protection

Don't let soggy feet rain on your parade this spring

We love these shoe-saving silicone covers from Canadian company Sillies. They instantly make any pair of sneakers or flats waterproof, and feature patterned soles for better grip on slippery sidewalks. Available in clear, black and a selection of bright neon hues, each set folds into a water-resistant pouch that you can easily stash in your bag. \$40 each, sillies.ca. 🇩🇪



Shine on ✨

Whether you want to refresh your dye job or play up your natural tones, a hair gloss is the ticket. With eight shades, including a clear option, L'Oréal Paris' fuss-free at-home treatment dials up shine, enhances your colour and deep conditions at the same time, with results that last up to 10 days. *Le Color Gloss*, \$18, shoppersdrugmart.ca.



Glow-getters

Three buzzy skincare ingredients to add to your routine ASAP, no matter your skin type



1. NIACINAMIDE

"Niacinamide is a water-soluble form of vitamin B₃," says Vancouver dermatologist Dr. Katie Belezny. As a skincare ingredient, it boasts anti-inflammatory and brightening properties that may soothe skin and even out hyperpigmentation. *The Inkey List Niacinamide Serum*, \$9, sephora.com.



2. PEPTIDES

Peptides are short chains of organic compounds called amino acids that act as building blocks for proteins essential to skin. "Think of them as messengers for the other cells, sending signals to produce collagen and elastin," says dermatologist Dr. Victoria Taraska.

Olay Regenerist Collagen Peptide 24 Moisturizer, \$45, shoppersdrugmart.ca.



3. CICA

Centella asiatica, a medicinal herb also known as cica, has been used in traditional Chinese medicine for thousands of years. According to dermatologist Dr. Frances Jang, it optimizes moisture levels and improves skin's barrier function, making it more resilient.

Laneige Cica Sleeping Mask, \$45, sephora.com.

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everyone's
watching

Everyday comfort.
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comfort and protection with added confidence.
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*I will
be me*

CAPSULE COLLECTION

These new basics are all you need to hit refresh on your wardrobe

Photography by **CARMEN CHEUNG**

Produced by **SUN NGO**

Fashion styling by **SHEA HURLEY**

Makeup and hair styling by **WENDY RORONG**


Modelling by **SHANI FELDMAN**

Dry and discreet

Never worry about leaks again with TENA Ultimate Underwear. With odour-neutralizing technology, improved leakage protection and soft-yet-snug elastic gathers, these panties look and feel as comfy as regular undies. Their absorbent core is designed to conform to you and maintain shape, and will keep you dry no matter how hard you laugh, cough or work out. Can you tell that our model is wearing them? Neither can we!

WORK IT

Why is my bicycle in the air? We don't know either!

Sports bra and sneakers, joefresh.com.  Zella leggings, nordstrom.ca.

WHO'S ZOOMING YOU?
The jumpsuit is the new power suit (but don't forget your slippers).



Field suit, horsesatelier.com. Slippers, urbanoutfitters.com. Jewellery, jenny-bird.ca.

RUFF TERRAIN
The cat kept making fun of your sweatpants, so you got a dog instead!



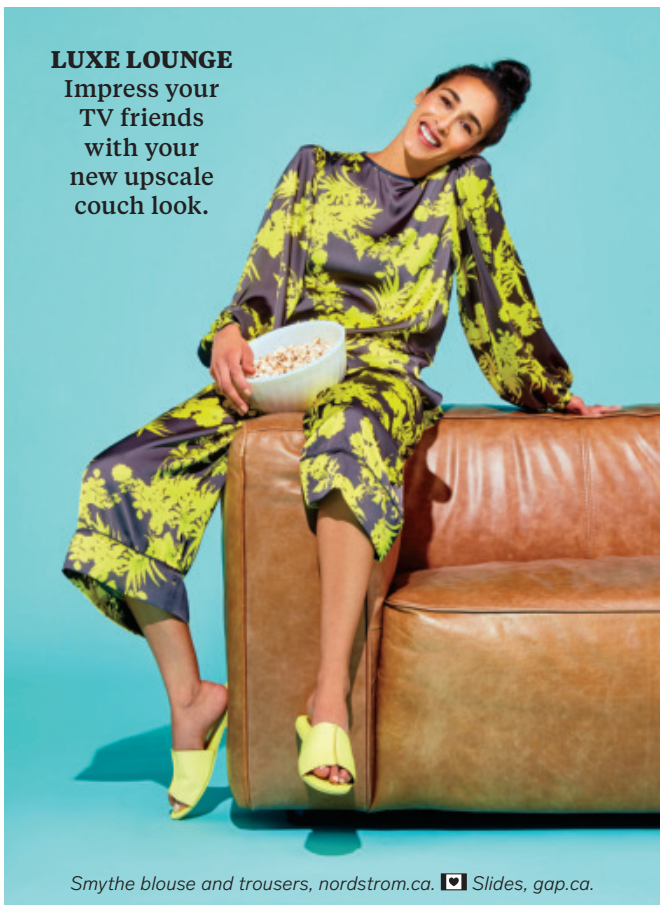
T-shirt, hayleyelsaesser.com. Blazer, oldnavy.ca. Modern America jeans and sunglasses, nordstrom.ca. Boots, hunterboots.com.

AISLE STYLE
The produce department is your runway, the deli your stage.



Twik fuzzy shirt, simons.ca. Chelsea28 skirt, veja.com trainers and Kurt Geiger bag, nordstrom.ca. Bucket hat, antisocialsocialclub.com. Mask, indigenoussocialclub.com.

LUXE LOUNGE
Impress your TV friends with your new upscale couch look.




Smythe blouse and trousers, nordstrom.ca. Slides, gap.ca.



Four mother-daughter duos test drive spring's top trends—
and share what they've learned about style from each other

It takes two

THE TREND Oversized button-downs



On Jenelle: Dress, oakandfort.com. 
Shoes, converse.com.

Necklace,
bracelet and rings,
cuchara.ca.  

On Simone: Shirt,
Good American via thebay.com. Bike
shorts and earrings,
joefresh.com.  Boots,
lintervalshoes.com.
 Bracelet,
jenny-bird.ca. 

*"I learned to be
fearless with
fashion and to
wear whatever
makes me happy
from my mother."*

— JENELLE

*"Jenelle has an
incredible eye for
detail. She's proof
that accessories
make the outfit."*

— SIMONE



Produced by **ANDRÉANNE DION** and **AIMEE NISHITOBA** Photography by **CARMEN CHEUNG**
Makeup and hair by **WENDY RORONG** and **ROBERT WEIR** Styling by **CYNTHIA FLOREK**

THE TREND Double denim



On Samira:

Blouse, elliemae.studios.com.
 Jeans, Ganni x Levi's
 via nordstrom.ca.
 Heels, lintervalle.shoes.com.
 Earrings, hm.com.
 Bracelet, jennybird.ca. Ring,
cuchara.ca.

On Reihana: Denim
 shirt, selected.com.
 Blouse, hm.com.
 Jeans, necklace
 and bracelet,
joefresh.com.
 Sandals, Vince
 Camuto via
nordstrom.ca.

*"My mom taught
 me that great
 style is about
 being comfortable
 in your own
 skin and letting
 your natural self
 shine through."*

— SAMIRA

*"Samira inspires
 me to think
 beyond trends
 and step out of my
 comfort zone."*

— REIHANA




THE TREND
Pastels

On Mishal:



Jacket, zara.com.

Top and skirt,

elliemae

studios.com. 

Sandals, lintervalle



shoes.com.  

Fringed bag,

Strathberry x Xu Zhi


via nordstrom.ca.

Earrings,



cuchara.ca.  

On Fauziah:

Sweater and skirt,

joefresh.com. 

Mules, lintervalle

shoes.com.  

Earrings, hm.com.

Ring, cuchara.ca.



“My mom loves dressing up and has never shied away from embracing a trend. She taught me that fashion should be fun.”


— MISHAL

“Mishal’s style is simple and classic. She has shown me that, with the right staples, fashion can be timeless.”

— FAUZIAH



THE TREND
Florals

On Sara: Dress, zara.com. Boots, drmartens.com. Necklace and bracelet, jenny-bird.ca. 

On Grace: Top, Baum Und Pferdgarten via thebay.com. Dress, Sunday Best via aritzia.com.  Boots, lintervalle shoes.com.  

"Style is about more than clothes. Grace radiates strength and vibrancy, no matter what she wears."

— SARA

"I love that my mom is confident in who she is and not afraid to be herself."

— GRACE



SJC

Beyond print.

trust

noun. /trəst/

Firm belief in the
reliability, truth, ability, or
strength of someone
or something.

(Also: confidence, certainty)

Print is Trust.

NOW, IT'S YOUR TURN. Share one word that describes what print means to you. It might be a feeling, an experience, a habit. (We asked our SJC staff and here are a few of their words to get you thinking: Perspective, Relaxation, Voice and Focus.) All participants will be entered in a draw to **win one of 25 print-themed prize packs** with a one-year magazine subscription and a \$50 gift card to a Canadian independent bookstore near you. Plus, your submission may be featured in our national ad campaign this summer! To enter, visit the URL below or share on social with hashtag #PrintIs and we'll get in touch.

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CANADA

FLARE
ottawa.

TORONTO
LIFE

Today's
Parent
Quill & Quire

St. Joseph Communications is proudly celebrating 65 years of print. whatisprinttoyou.ca



Justina Blakeney's new book, *Jungalow: Decorate Wild*, is a maximalist manifesto filled with juicy colours and patterns galore. \$50, indigo.ca.

home



[PATTERN PARTY]

In the mix

Stripes, chevrons, ikat—piling on patterns doesn't have to be intimidating. Take it from designer Justina Blakeney, who masterfully layers colourful motifs to achieve her trademark bohemian look. "Staying within a certain colour palette lends cohesion," she says. "If I'm using a green, leafy wallpaper that has gold accents, I'll look for another pattern with those same tones, like an emerald-green geometric rug, or drapes embroidered with turmeric stitching."



Soul cycle

From muddy socks to grass stains, spring brings its fair share of dirty laundry. “We’re a family of six, so we spend a lot of time in the laundry room,” says DIY blogger and mom of four Jessica-Sara Morris. In her rental home on Vancouver Island, she added hits of colour, hard-working organizing solutions and cozy elements that make sorting, washing and folding less tedious. “The washing gets done a lot more often now that the room is beautiful!” she adds.

get the look!

1.

Hang your drying rack

Ditch plastic hangers and opt for a space-saving wall-mounted drying rack instead.

2.

Give blank walls a makeover

Peel-and-stick wallpaper and removable stickers—like these cheerful peach decals—are an easy way to add personality to a room.

3.

Layer in a few accessories

Decorative touches, such as art, fresh flowers or a cozy patterned rug, instantly make a laundry room more inviting—even in an unfinished basement.

4.

Show off the essentials

Keep dryer balls, detergent and clothespins organized by displaying them in glass jars.

5.

Maximize storage space

A shelf helps keep work surfaces—like the top of your washer and dryer—clutter-free.



See more of Jessica-Sara’s budget-friendly DIY projects on her Instagram, @jessicasaramorris.

TEXT: EMILY EVANS. LAUNDRY ROOM PHOTO: JESSICA-SARA MORRIS. WALL DECALS: FROM \$129, URBANWALLS.CA.

HANG TIME

These old school wooden clothespins bring a retro vibe to any laundry room or clothesline.

Wooden clothespins,
\$20 for 25, danslesac.co.



It's a wash

Put a fresh spin
on laundry essentials

STRIP CLUB

Each pack of these premeasured, ultra-concentrated strips holds the same cleaning power as a one-litre bottle of liquid detergent—without the plastic waste. *Laundry strips*, \$15, hellogoodjuju.com.

**DELICATE MATTERS**

This gentle, no-rinse detergent is available in six scents and comes highly recommended by lingerie experts. *Laundry soap*, \$16, can.soakwash.com.

ON THE BALL

Wool dryer balls shorten drying time and reduce static. Add a few drops of essential oil—like Saje's Sweet Sheets blend, which features notes of bergamot, lemon and lavender—to leave your clothes smelling fresh. *Dryer balls and essential oil set*, \$24, saje.com.

**LIQUID ASSET**

Housed in a refillable jug, this fragrance-free detergent by Montreal-based company the Unscented Co. was created with sensitive skin in mind. *Laundry detergent*, \$17, unscentedco.com.

**LIGHTEN THE LOAD**

A safe alternative to bleach, this powder harnesses the power of oxygen to lift dirt and grime, keeping whites bright and colours more vivid. *Oxygen brightener*, \$18, nelliesclean.ca.

**NATURAL WONDER**

Swap your plastic hamper for a chic jute version that can be folded and put away when not in use.

Large basket, \$55, eq3.com.

**HIT THE SPOT**

Formulated with plant-based ingredients, this solid stain remover makes quick work of tough grime but is gentle on clothes. *Stain stick*, \$10, thebarehome.ca.

CHATELAINE PROMOTION

CHATELAINE SHOPS TSC

Make stay-at-home life better by maximizing your outdoor space. Create new rooms with these *Chatelaine* editor favourites. All available at **tsc.ca**.



S'MORE SUMMER PLEASE

With many campsites fully booked, we're pitching our tent out back. Get out the marshmallows and bring your best ghost stories to make summer memories around a safe, cozy fire.

Sun Joe 28-inch Wood Burning Fire Pit with Dome Screen

Item# 673-865, \$450

CARRY ON Having all your garden tools within arm's reach makes tackling those dandelions infinitely more pleasant. Martha would call this "a good thing."

Martha Stewart Heavy-Duty Canvas Garden Bag
Item# 673-822, \$85.99



KEEP IT COOL Create your own outdoor kitchen with this naturally weather-resistant wood and stainless steel buffet, with cooler storage to keep drinks ice cold as well as lots of counter space.
Leisure Season Buffet Server With Cooler Compartment
Item# 647-223, \$848.99



SWING TIME Cuddle up with loved ones or a favourite pet on this sweet canopied swing bed that will put naptime on your to-do list.
Leisure Season Swing Bed with Canopy
Item# 647-205, \$978.99



GROW UP Tick off the "growing food" box on your stay-at-home bingo card with this sleek wooden planter.
Leisure Season Multi-Level Planter Item# 647-294, \$286.97



Permasteel 1500W Infrared Stainless Steel Patio Heater with Table
Item# 676-291, \$414.99

STAY OUT LATE

Offset the chill of late summer nights and stay up past your bedtime with this tall, handsome heater that will keep everyone within a 96-square-foot radius toasty warm.

Outdoor Entertaining Tips

1. Sunscreen and bug repellent are key to being able to enjoy sunny days and humid nights. Keep some close by to prevent burns and bites.
2. Set up a separate picnic-style area with food and games for kids so that adults can have some alone time.
3. Create a scent-scape by adding fresh herbs to the grill.
4. Don't be afraid to cut some of your garden flowers to add freshness to your tables.



TODAY'S *Shopping* CHOICE™

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A ROOM-BY-ROOM GUIDE

CLEAN SWEEP

You're spending more time at home than ever before, and chances are cleaning is the last thing on your mind. The thought of tackling every room can be overwhelming, so we asked the experts to break down their go-to routines into bite-sized hacks that will leave even the messiest corners of your home spotless—no matter how little time you have

Written by **AMANDA DEMEKU** Illustrations by **ANDREA MANICA**



Meet the experts



Go Clean Co.

Sarah McAllister knows a thing or two about keeping a spotless home. Since starting Go Clean Co.—a Calgary-based cleaning company—in 2018, she has amassed more than 1.9 million followers on Instagram, where she spills the dirt on everything from scrubbing shortcuts to her favourite products.

@gocleanco



reFRESH

(Left to right) **Shaneka Shaw Taylor, Patience Omokhodion** and **Alecia Burgess** are the tidying trio behind reFRESH, a Toronto-based professional housekeeping and concierge company. Big on working smarter, not harder, this team makes cleaning look easy with plenty of savvy tips and tricks to keep your space under control.

@refresh_housekeeping



ENTRYWAY

Regain control of this often-neglected high-traffic spot with quick and easy tasks that can each be tackled in less than 10 minutes.

WALLPAPER

Wallpaper doesn't stand up well to cleaning, and anything too abrasive—like Mr. Clean Magic Erasers—will take the paper right off the wall. In some cases, an art gum eraser might do the trick. For tough scuffs, McAllister recommends using a damp cloth and a gentle soap, taking care not to watermark the surface.

HIGH-TOUCH SURFACES

For disinfecting, McAllister swears by a family recipe of one-third cup bleach mixed into one gallon hot water, with one teaspoon powdered Tide laundry detergent stirred in to cut through dirt. Once you've wiped surfaces with a microfibre cloth (the texture helps get gunk out), let them air-dry. The solution doesn't need to be rinsed.

DOORS

"When disinfecting, don't just focus on light switches and doorknobs; the frame and the door itself are typically covered in fingerprints and just as germ," warns McAllister.

DOORMAT

Take the mat outside, shake well and vacuum. To get rid of stubborn dirt, the reFRESH co-founders recommend scrubbing with water, dish soap and a soft-bristled brush. Rinse and let dry.

BASEBOARDS

Start by vacuuming the area. The reFRESH team uses Magic Erasers to make scuffed baseboards look new again. Be sure to wipe down the wall with a damp cloth afterward to get rid of streaks.

FLOORS

Vacuum or sweep up dust, hair and dirt. Then damp-mop with a floor cleanser or McAllister's solution of hot water and one teaspoon powdered Tide (bleach can damage hardwood and marble), switching the water when it looks dirty. "Once dry, vacuum one last time to pick up anything that's still stuck to the floor," says McAllister.

SHOE TRAY

From mud to salt buildup, this overlooked spot could use a little TLC. Mix hot water with a few drops of dish soap and use a scrub brush or an old toothbrush to loosen the dirt and get into the crevices. Rinse and let dry. (Do this outside to save yourself more work later!)

She saw the paw prints on the carpet. (It wasn't me.)

KITCHEN

To manage spills and splatters, fit in cleaning sessions whenever you can and try these tips that make quick work of tough messes.

CABINETS

Dissolve one dishwasher tab in a bucket of hot water and use a microfibre cloth to clean. (No need to rinse.)

"It cuts through grease without leaving a film—even on dark cabinets," notes McAllister.

KITCHEN SINK

Wet your sink, sprinkle with baking soda and work into a paste. Line the sink with paper towels soaked in white vinegar and let them sit for 20 minutes. "Rinse with warm water and a soft cloth, using an old toothbrush to get into hard-to-reach areas, like the drain," advises the reFRESH team.

COUNTERTOPS

They're a big investment, so learning how to care for them is crucial. Both McAllister and the reFRESH co-founders say that using dish soap, water and a damp cloth is a safe bet on all surfaces. Bleach should never be used on marble and quartz, as it can dull their shine, but tough stains can be cleaned with diluted isopropyl alcohol and a wet cloth.

DISHWASHER FILTER

Look under the bottom rack to locate it. (Check your owner's manual for specifics.) The reFRESH team recommends using a toothbrush dipped in hot water and dish soap to scrub.

RANGE HOOD

"On the exterior, hot water and dish soap work well to cut through grease," says McAllister. "We clean the filters with an undiluted heavy-duty degreaser (like Mr. Clean Multi-Surface Cleaner) and let it sit for 20 minutes. Then we scrub with a soft brush and rinse."

COOKTOP

"The cleaning method depends on what type of cooktop you have," explains McAllister. To clean a gas stove, she suggests removing the grates and soaking them in hot water with a dissolved dishwasher tab. To clean an electric stove, remove the burner elements, spray with an oven cleaner according to instructions and scrub with a non-abrasive sponge. Repeat until clean.

GARBAGE CAN

"Add one-half cup bleach, fill with hot water and let the solution sit for a few hours—or overnight to get rid of strong odours," says McAllister. Scrub with a brush to loosen stuck-on food, rinse and let dry. To fight bad smells between cleaning days, keep cotton balls soaked with a few drops of essential oil under the liner, or sprinkle baking soda in the bag.

MICROWAVE

Zap a bowl filled with water and a few tablespoons white vinegar until the solution boils and the window steams up. The steam will soften hardened food and make it a breeze to wipe clean, while vinegar acts as a deodorizer.

FRIDGE

Remove all shelves and drawers, vacuum crumbs and wipe everything—including the inside of the fridge—with a sanitizing solution of hot water and bleach (McAllister likes to add her signature powdered Tide). Make sure glass components are at room temperature before washing with hot water to keep them from cracking.

DRAWERS

Empty out and vacuum the insides—you'll be surprised how much can accumulate in there!

GREASY WINDOWS

Cut through buildup with dish soap on a damp cloth, then wipe with a squeegee. Wipe off drips with a paper towel. "Your windows will never have been cleaner," says McAllister.

Don't forget to clean the top of the fridge, and vacuum behind it and around the cord. Wipe handles and doors, too.

OVEN

Create a paste of baking soda, white vinegar and water, and apply to the inside of the oven. Leave it overnight. In the morning, use a cloth dampened with hot water to wipe the surfaces. (You may need to break out the scouring pads, warns the reFRESH team.) Once the oven is clean, save yourself time in the future by using aluminum oven liners.

OVEN RACKS

"Soak them overnight in a large plastic storage bin in very hot water with four to six dissolved dishwasher tabs, and then scrub clean," says McAllister. As tempting as it may be, don't do this in your bathtub, as it can scratch the enamel.

*She caught me on the kitchen table.
(It wasn't me.)*

LIVING ROOM

From tackling wine stains to getting rid of pet hair, go beyond the occasional dusting.

CURTAINS

Take them down, and wash and dry according to the labels. Or vacuum both sides with a bristle attachment to pull any dust and pet hair off the fabric. "Make sure to get into the folds," notes McAllister.

PET HAIR

Vacuuming goes a long way with pet hair but doesn't always get the job done. For microfibre upholstery and carpets, McAllister uses a dry scrub brush or squeegee to get into the fibres and pull off pet hair.

BOOKSHELVES

"First, take everything off the shelves—there's no way around it," says McAllister. Vacuum from top to bottom with a horsehair brush attachment. Then clean with a damp cloth or glass cleaner, depending on the surface.

REMOTES

Clean every two weeks with disinfecting wipes. "Avoid liquid solutions and sprays that can seep under the buttons," say the reFRESH co-founders.

PROTECT YOUR COUCH

"As soon as you get a new couch, treat it with a fabric protector, like Scotchgard, and reapply every six months—you'll thank us later," says the reFRESH team. The product acts like a shield, preventing stains and dirt from penetrating the fibres and making cleanup easier.

PRO TIP: GET THE TOOL THAT DOES IT ALL

The Go Clean Co. team recommends investing in a horsehair brush attachment—which you can get at any big-box store—as it works well on both hard and soft surfaces.

HIGH CEILINGS

When you can't quite reach those ceiling cobwebs on your own, the reFRESH team suggests wrapping a damp cloth around an extendable dusting brush or mop handle.

PICTURE FRAMES

"Dust frames with a dry cloth, then use a glass cleaner and paper towels," says McAllister.

TV SCREEN

"A duster and a damp microfibre cloth work well," says McAllister. She recommends dusting the surface first to avoid wetting down the grime, which can leave streaks.

SMOKE MARKS

Clean walls with a few drops of dish soap mixed with hot water, scrubbing with a clean sponge and rinsing as you go. McAllister also likes to use her solution of hot water, bleach and powdered Tide to clean smoke-stained walls, as well as the insides of fireplaces.

WINE STAINS

Blot the area, cover the stain with coarse salt as quickly as you can and let it soak up the mess. Once dry, vacuum. Avoid rubbing at all costs.

BEDROOM

A messy bedroom is a one-way ticket to a restless slumber. For sweet dreams and refreshed mornings, get every surface sparkling clean.

CLOSET

Place dryer sheets in drawers and stash them on closet shelves to keep clothing smelling fresh. "Think like Oprah—you get a dryer sheet, you get a dryer sheet, everyone gets a dryer sheet," say the reFRESH co-founders.

HARDWOOD FLOORS

In addition to sweeping or vacuuming regularly with a soft-bristled attachment that won't scratch the finish, you can easily deep-clean hardwood floors. The reFRESH team uses Swish Clean & Green, a gentle cleaner that shines floors without leaving them slippery.

LAUNDRY

Keep laundry baskets in each bedroom—one for brights and one for darks—so clothes don't end up on the floor.

CEILING FAN

Using a stepstool, slide an old pillowcase over each blade, then pull back. "The pillowcase will catch all the dust," explains McAllister.

MATTRESSES

Sprinkle baking soda all over the top and let it work its deodorizing magic for three to four hours. Then vacuum up every trace of powder. "It's like sleeping on a brand new mattress," swears McAllister.

BLINDS

"Blinds are tricky to clean, but a vacuum with a horsehair brush attachment will easily suck up dust and dirt," says McAllister. If needed, wipe each slat down with a microfibre cloth afterward.

UPHOLSTERY STAINS

Upholstered headboards can get stained from hair rubbing on the fabric night after night. "Dish soap is a strong degreaser, so it works a treat on this type of stain. Gently dab the spot with a couple of drops on a damp cloth," says McAllister. Test it first by applying the solution on an area that isn't visible.

BLOODSTAINS

Use a mix of baking soda, peroxide and original blue Dawn dish soap (McAllister—who has tried them all—says it's the only one that works). Scrub the paste onto the spot, and then rinse by blotting with warm water, taking care not to soak the mattress.

PILLOWS

"Use your dryer's high-heat setting to kill any lurking germs," says McAllister.

BEDDING

Wash your sheets every week. Most duvets—even those filled with down—can (and should) be laundered every six months. It's important to read the labels first, though, as sometimes a trip to the dry cleaner may be required.

HAIR TOOLS

To clean styling-product buildup off curling irons and hair straighteners, pour a small amount of rubbing alcohol onto a cotton pad, rub gently and wipe with a damp cloth. (Make sure tools are unplugged and completely cool.)

VENTS

"You can unscrew the covers and run them through the dishwasher," says McAllister, adding that you should always vacuum the inside of the vents. "They're full of pet hair, dirt and dust, which blows back into the room and settles everywhere."

DUST BUNNIES

To tackle the clumps of dust that tend to accumulate behind nightstands and bed frames, move furniture away from the wall and vacuum thoroughly.

BATHROOM

This area should be deep-cleaned every two weeks, so turn on some tunes and get to scrub-a-dub-dubbing.

SHOWER CURTAIN

"To get rid of mildew, throw the plastic liner in the washing machine with bleach and detergent, and then hang to dry," says McAllister. Most fabric shower curtains can also be laundered, but skip the bleach to keep colours from running.

PRO TIP: VACUUM BEFORE YOU SPRAY

"When you spray down hair, dust or lint with cleaner, it turns into mud and becomes much harder to wipe away," explains McAllister.

Solution: Vacuum the entire room first (including the tub and the outside of the toilet) using a horsehair brush attachment. (To clean the vacuum brush, dunk it in a mix of hot water and bleach, and let dry completely.)

SHOWER HEAD

Mix one part white vinegar to one part hot water and immerse shower head for at least three hours.

If you can't remove the fixture, put the liquid in a plastic bag and secure it over shower head with a twist-tie or an elastic. Let soak, and run the shower to rinse.

SHOWER WALLS

To clean soap scum and mildew from shower tile, McAllister and her team use a mix of dish soap and vinegar. Use a brush to scrub, then rinse.

SHOWER DRAIN

The reFRESH team recommends investing in a drain cover to catch hair, debris and product buildup. Pull the gunk out and rinse in warm water once a week.

BATHTUB

"Keep a Magic Eraser near the tub and scrub stains as they appear—you won't have to worry about a big job on deep-clean days," say the reFRESH co-founders.

TOWELS

To make old towels fresh and fluffy again, McAllister swears by laundry stripping, a technique that lifts oils, mineral buildup and residue left behind by softener and detergent. Fill your bathtub with piping hot water and mix in 2 cups powdered Tide detergent, ¼ cup borax, ¼ cup washing soda (like Arm & Hammer Super Washing Soda) and ¼ cup Calgon Liquid Water Softener (optional). Stir every hour for four hours, and then transfer towels to the washing machine and run a full cycle without detergent to rinse. Strip lights and darks separately; repeat every six months.

DIRTY GROUT

The reFRESH team uses a recipe of ¼ cup hydrogen peroxide, ½ cup baking soda and one tablespoon water or dish soap to make a paste. Apply to grout, let sit for 10 minutes and use a soft bristle brush to scrub. Rinse well.



MIRRORS

To keep mirrors fog-free, apply shaving cream to the surface and wipe clean with paper towels.

FAUCET

"Coat your faucet with a mix of vinegar and dish soap and let it sit for about 20 minutes," says McAllister. Wipe off with a soft cloth and rinse. For extra shine, polish with a glass cleaner. To clean crevices around the faucet, use an old toothbrush and a cleaning solution of your choice. "The soft bristles won't damage the caulking," note the reFRESH co-founders.

TOOTHPASTE GLOBS

Hot water does the trick. For additional reinforcement, McAllister uses Bar Keepers Friend, an acidic cleaner that works on anything from rust stains to soap scum.

HARD-WATER DEPOSITS

"If your toilet bowl is stained, liberally squirt with liquid Bar Keepers Friend, scrub with a toilet brush and let sit overnight so it has time to work," suggests McAllister.

TOILET BRUSH

After cleaning, spray the toilet brush and holder with disinfectant or diluted bleach. The reFRESH co-founders recommend sandwiching your toilet brush between the toilet seat and the bowl to let it drain, placing it back in the holder when completely dry.

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HOT TAKE:
DR. JEN
GUNTER ON
MENOPAUSE

page 42



[FLOOR ROUTINE]

Home remedy

Radio frequency waves have long been used to encourage aging facial muscles to produce collagen and plump up—now an at-home treatment promises to do the same for your vagina. Called Tightra, this magic wand is designed to help with loss of lubrication, incontinence and other issues caused by a weak pelvic floor, after just four weeks of its mild, warm pulses. Talk to your doctor before trying it: Sometimes, these same problems are actually caused by an overly tight pelvic floor that needs to learn to relax (we can relate). \$500, silkn.ca.

Why are there suddenly mushrooms in everything?

From caterpillar fungus to chaga, mushrooms are dominating shelves in the supplement aisle. The claim is that they boost energy, immunity and calmness. But do they deliver? *Written by RENÉE S. SUEN*



Walk into any health food shop and you'll encounter attention-catching coffees, powders, cocoa and teas, all full of mushrooms. Meant to be incorporated into cooking or consumed as tinctures, these products are sold as tonics or "boosters" full of "adaptogens," which are herbal concoctions touted as helping the body counteract and adapt to stress. As the latest superfood, functional mushrooms reported double-digit growth in the U.S. natural supplements category last year.

Fungi have a long history of medicinal use, particularly in East Asia. Modern scientists, especially in the West, are only beginning to understand—and debate—their therapeutic potential. Meanwhile, medicinal mushroom products are popping up everywhere, most commonly chaga, cordyceps and reishi. They're purported to offer all sorts of health benefits, including improved immunity—an easy sell during a pandemic.

Vancouver clinic Together Wellness combines traditional Chinese medicine (TCM) with western nutrition. Co-founder Amy Yiu is a registered dietitian and says there is some truth to these health claims.



Listen and learn

The pandemic has made it crystal clear: Health care systems reproduce social inequalities, and people affected by ableism, white supremacy and other inequities are discriminated against even when they're sick. May 3 kicks off Mental Health Week, the perfect time to check out these Canadian podcasts that explore the intersection of mental health and social justice and offer a chance to hear from folks who live there every day.

Written by **KRYSTAL KAVITA JAGOO**



Crackdown

THE HOST: Garth Mullins, a Vancouver-based documentarian and methadone user

THE FOCUS: The overdose crisis, as seen from the front lines. Mullins offers an intimate understanding of how poorly made policy decisions can affect a user's life—or death.

TRY: Episode 1: "War Correspondents," to hear from experts on the war on drugs—drug-user activists who have lobbied, sometimes successfully, for supports such as safe injection sites.

All podcasts are available on [Stitcher](#) *and* [Spotify](#).



Disability After Dark

THE HOST: Andrew Gurza, a self-described "cripple content creator" in Toronto

THE FOCUS: As he explores disability, sexuality and more, Gurza makes the impacts of ableism on mental health impossible to ignore.

TRY: Episode 176: "I Am a Kink Aware Therapist," for an insightful discussion of how Lyme disease impacted one therapist's mental health and how that experience informs his practice.

“Mushrooms are a source of vitamin D and polysaccharides, which are essential in keeping our immunity at work,” she says. She advises talking to a health care professional before trying mushrooms to treat a medical condition. Some of them do present risks.

Take reishi (also known as lingzhi), for example: A number of cancer-treatment experts, including at the Memorial Sloan Kettering Cancer Center in New York City, advise patients that reishi can interact negatively with certain medications, including blood thinners, chemotherapy drugs and immunosuppressants. Yiu’s colleague, TCM practitioner Dr. Jennifer Gao, says reishi is used by some people to relieve coughs and phlegm and calm the body, though she doesn’t recommend it to patients herself.

While there is little firm evidence to support certain claims attributed to mushrooms—such as that they can treat cancer or heart conditions—they are



Four Sigmatic Mushroom Elixir Mix

Each three-gram pouch contains 1,500 milligrams of mushrooms with a touch of mint and rosehips, all ground to a fine, dark powder that dissolves easily in hot water. It can also be blended into smoothies and coffee, or enriched with non-dairy milk. Choose from sustainably wild-harvested **chaga** from Serbia, or cultivated **cordyceps**, **reishi**, or lion’s mane (purported to enhance focus), all from an organic family farm in China. All are USDA- or CCOF-certified organic and vegan-friendly. Box of 20 servings, \$50, well.ca.

side, a study out of a Utah university found that endurance-trained cyclists didn’t get any benefit from cordyceps, while a team at the University of Tasmania found no evidence that reishi was an effective first-line treatment for cancer.

Sustainability is an issue, too. Gao says wild cordyceps, which are used to treat chronic issues, such as fatigue and kidney disease, are pricey and rightly so: They’re collected by hand and found only in the Tibetan plateau, where the entomopathogenic fungus infects ghost moth larvae, feeding off and eventually replacing its host’s tissue. I grew up eating the wild stuff, ingesting it in homemade soups. It tastes like a slightly woody vegetable root and does look like a caterpillar—as a kid, I remember being slightly grossed out, but being forced to eat it because, according to my parents, “it’s good for you and very expensive.”

Charcoal-like wild chaga is another fashionable fungus. Found on birch trees in the northern hemisphere, it has long been used by Indigenous people in northern Canada, including Cree, Anishinaabeg, Denesuliné and Gitksan communities. Typically prepared as a tea that has a subtle earthy vanilla flavour, chaga is prized for its antioxidant and anti-inflammatory properties, but it grows slowly. Experienced foragers only hand-harvest conservative amounts of mature chaga off living trees, leaving half to fruit again, and there are concerns about indiscriminate harvesting to meet increased consumer demand.

If you’re buying wild-harvested fungi, it’s important to seek out brands that follow sustainable harvesting practices. Wild reishi, with its kidney-shaped cap, is rare—most supplements I’ve seen contain cultivated mushroom that’s ground and added to capsules, teas, soups or cocoa. When using products made with commercially cultivated mushrooms, Gao says it’s better to purchase organic. Yiu warns users not to expect immediate results and to focus on a balanced diet overall. That’s a surer route to good health than any miracle mushroom. **C**

Four Sigmatic elixirs: Tasting notes



Cordyceps

Similar to shiitake mushroom broth, with an earthy aroma



Reishi

Slightly herbal, with a faintly bitter aftertaste



Chaga

Mildly sweet, like boiled barley water

being studied everywhere. On the yea side, one recent study from a university in China indicated that many types of mushrooms help promote healthy gut bacteria. Another Chinese study found that cordyceps (or caterpillar fungus) can boost exercise performance, while researchers at the University of California found that synthetic strains could have an aerobic benefit for exercising seniors. On the nay



Don't Call Me Resilient

THE HOST: Vinita Srivastava, a Toronto-based editor at *The Conversation*

THE FOCUS: From unequal education to undervalued migrant workers, Srivastava explores solutions to the structural problems that demand daily resilience from racialized communities.

TRY: Episode 6: “Indigenous Land Defenders,” to hear Kanien’kehá:ka activist Ellen Gabriel and Tlingit academic Anne Spice discuss protecting stolen ancestral lands and the impacts of intergenerational trauma.

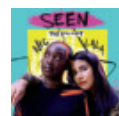


Inappropriate Questions

THE HOSTS: Nonbinary millennial Elena Hudgins Lyle and middle-aged dad Harvinder Wadhwa, both in Toronto

THE FOCUS: Guests such as Kim TallBear, the Canada Research Chair in Indigenous Peoples, Technoscience and Environment, discuss how seemingly harmless questions (about, say, gender, weight or childlessness) can negatively affect mental health.

TRY: Episode 1: “Have You Had the Surgery?” for an enlightening exploration of how privacy-violating prying can hurt the well-being of transgender folks.

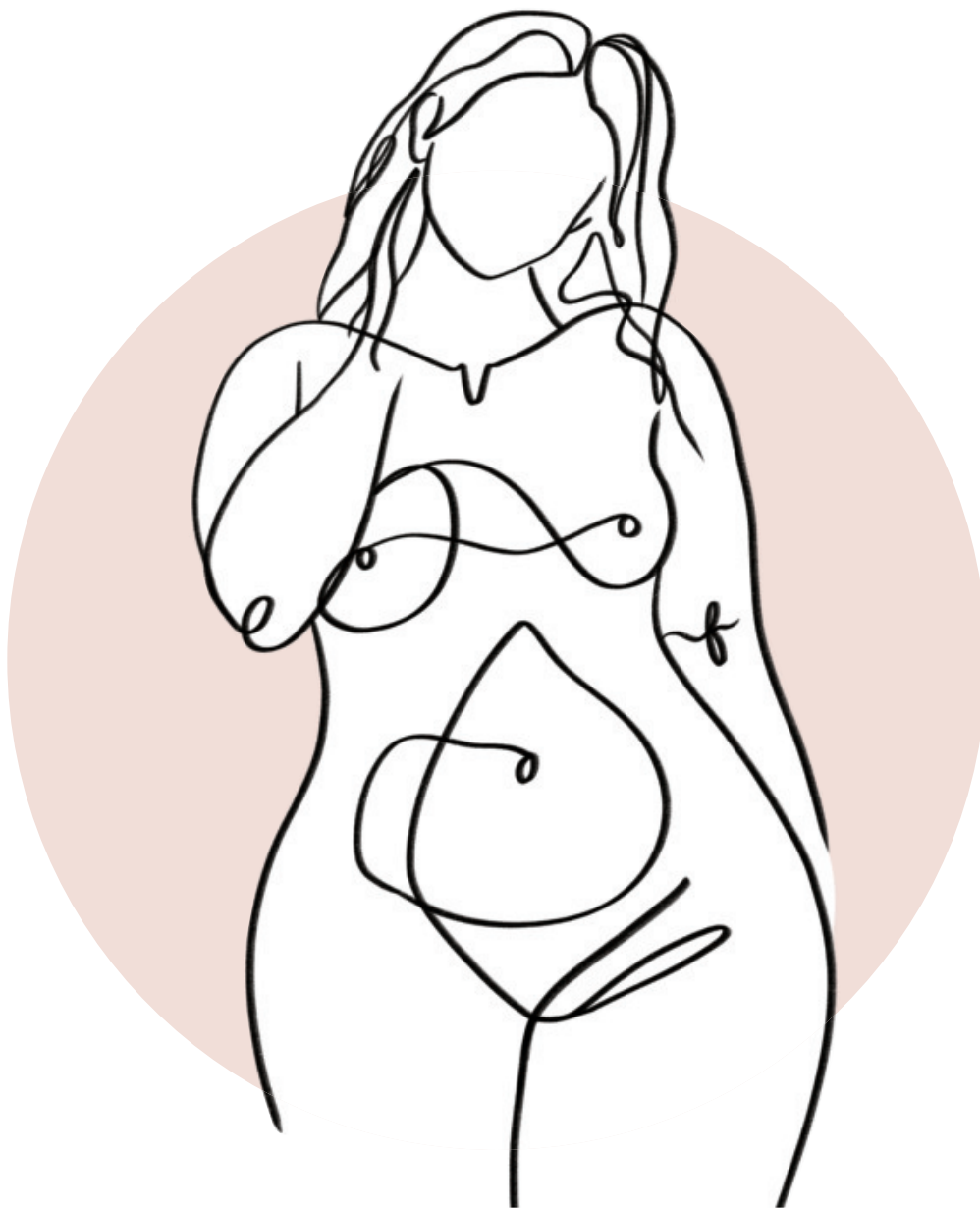


Seen

THE HOSTS: Vancouver-based equity consultant Nic Wayara and counsellor Lara Matthen

THE FOCUS: These two queer Black and brown women explore how to navigate healing, especially given the negative impacts of white supremacy, settler colonialism and the rest of it.

TRY: Episode 20: “You Can’t Sing Along,” which provides a lens into the ways in which non-Black people of colour can be complicit with anti-Blackness.



The truth about The Change

Twitter star **Dr. Jen Gunter** is known for her sharp tongue, especially when she takes on the so-called wellness industry—including the celebs cashing in, like Gwyneth Paltrow, Suzanne Somers, Oprah and Dr. Christiane Northrup. But she's also a practising gynecologist and pain specialist, whose thorough research grounds her fearless advocacy for women's health. Born in Winnipeg, the single mother of twin boys now lives outside San Francisco and has just published *The Menopause Manifesto*, a follow-up to her bestselling *The Vagina Bible*.

Written by SARAH HAMPSON Illustration by QUINN ROCKLIFF

CHATELAINE: You're everywhere, but most astonishing is your Twitter feed. You're a force!

JEN GUNTER: When I was on book tour in Canada [for *The Vagina Bible*], one woman said to me that she reads my Twitter feed in the morning to get pumped up for the day. Not taking shit from men, from trolls, from people lying about vaccines. It gave her a sense of "maybe I can be like that."

C: One of the most eye-opening discussions in your new book concerns menopausal hormone therapy [MHT, or the use of pharmaceutical hormones to manage the transition to menopause]. Many women fear it will cause cancer or other problems. What's the truth?

J: MHT helps a lot of people, but not everybody needs it. It's not the fountain of youth and it's not something to be terrified about. It's an important tool.

C: You write that there is a safe window for using it.

J: Current recommendations are to not start MHT after 60 years of age or more than 10 years since your last menstrual period. There's a critical window around the time of late menopause transition—in the late 40s, early 50s—associated with the greatest flux of hormones. That up-and-down of hormones produces the greatest symptoms: hot flashes, irritability, night sweats. MHT can alleviate that. Women looking for control of symptoms around that time can really be reassured that taking it for three, four, maybe five years has a very, very low risk.

C: You're in your mid-50s, and you're on the estrogen patch.

J: In a doctor's office, you can't say to somebody, "I take it so you should take it." But I think that's the idea. I mention I'm on transdermal estrogen. That's the safest one. I want the safest one for me. [Transdermal therapy delivers hormones via a patch, gel, spray or a vaginal ring, and is associated with less risk of complications from stroke, blood clots and gallbladder disease than oral forms of MHT.]

C: But what happens when a woman stops taking MHT?

J: If you stop it when you're 60, you're not in hormonal chaos. You don't go back to that. Your ovaries are now done.

C: But some women who are on it may want to continue because they like how it treats estrogen deficiency. Are there dangers to staying on it?

J: Whether MHT remains safe for the long-term is not completely clear, because it takes 20 to 30 years to get that data. Studies are ongoing.

C: Many women turn to supplements such as bioidentical hormones [plant-based custom compounds that are marketed as a more natural form of hormone therapy] and other supplements to help alleviate menopause

naturopath wants to prescribe all these expensive supplements, all these custom-compounded this and that, and they want to adjust them based on hormones. And so the patient keeps having to come back—it's like a pyramid scheme.

C: Your suggestions on supplements are straightforward: Omega-3s to help prevent heart attacks if you don't eat enough oily fish. Calcium along with vitamin D, which helps the body absorb the calcium, if you can't get enough calcium in your diet. And B12 if you're vegan or vegetarian.

J: The three healthiest things for menopause are not the sexiest things. They are quitting smoking, exercising and trying to eat a healthy, high-fibre diet. Heart disease

"I DESPISE SCAMS. ETHICAL DOCTORS DON'T ADVERTISE. WE DON'T HAVE WEBSITES THAT PROMOTE SUPPLEMENTS THAT MATCH OUR BOOKS."



symptoms. You're not a fan of alternative or naturopathic medicine. And yet it's an industry worth billions.

J: I despise scams, I despise bad medicine, and this is both. In the whole world of wellness and alternative medicine, I see toxicity. Studies that exist about it are of low quality.

C: Are women gullible?

J: I would say vulnerable. Ethical doctors don't advertise. We don't have websites that promote supplements that match our books. We don't offer tests that insurance doesn't cover. Patients come in with reams of tests they want to have and get upset with you when you say the tests are not necessary. They think you're just being mean or obstructionist.

So they go back to their naturopath and pay \$1,500 to have all these tests. Then the

is the number 1 killer of women, and women don't know that.

C: Okay, onto the sexy things! You write that sex is like any other "task." You have to work at it. Is that the right message? Now sex is like folding the laundry?

J: The pharmaceutical industry wants to medicalize the concept of libido. This idea that women should be hot and horny all the time is medically incorrect. We all go through phases where we are more or less interested in sex. You have to work at [cooking the] meals that you want to have, right? If you want to achieve something, it takes some kind of effort. The harmful thing is this myth that sex is always going to be spontaneous and magical.

C: You like to create "historical fan fiction" with your partner, imagining sex at different points in your lives.

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EXCERPT: *THE MENOPAUSE MANIFESTO*

Phytoestrogens, food and hormones: facts and fads



Dr. Jen Gunter, author of *The Menopause Manifesto*.

The interaction between hormones and food is complex and at times the language and the medicine can be very confusing, so it's no wonder there's a lot of misinformation here.

There are many people who claim various foods or diets can provide hormone fixes, cures, and resets for women in the menopause continuum. But food doesn't change hormone levels in an eat-this-change-that-hormone kind of way. If plants contained hormones that could be digested and used by humans, then we'd know by now because these foods wouldn't just improve symptoms of menopause—they'd also cause premature puberty, irregular men-

strual cycles, infertility, as well as breast development for men. And those who ate the most plants—vegetarians and vegans—would have more of these health concerns. But that isn't the case.

Humans don't get hormones from plants and we're not able to convert plant compounds into hormones. We make all our estrogens, testosterone, and progesterone from cholesterol. This is a complex, multistep process and not a conveyor belt where adding more raw ingredients results in more end product. Also, the gut can't tag a specific molecule in a meal as soon as it hits the stomach with a "Don't touch, for ovary use only!" sign.

Misperceptions about plants and hormones likely stem in part from many people not understanding how hormones are made and the knowledge that plants have compounds known as phytoestrogens. The word "phytoestrogen" is very similar to estrogen, so it's easy to understand any confusion between the two, but phytoestrogens aren't estrogens and they're not converted into estrogens. Another source of confusion is the fact that most hormones in menopausal hormone therapy (MHT) are synthesized in a lab from a substance found in a specific type of yam or soybeans. That transformation involves a multistep process and is hardly natural, and our bodies are not able to convert these substances from yams or soybeans into hormones.

Hormone levels can be affected by malnutrition and/or changes in eating patterns that lead to rapid or extreme weight loss due to the impact on the complex, coordinated hormone signaling required for regular ovulation. Some women are more sensitive to dietary changes than others. Dietary patterns that increase visceral fat can affect sex hormone binding globulin (SHBG). Fibre can also affect how estrogen is reabsorbed, but if this produces an effect it's over the long-term.



Excerpted from *The Menopause Manifesto: Own Your Health with Facts and Feminism* by Dr. Jen Gunter. Copyright © 2021 Dr. Jen Gunter. Published by Random House Canada, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the Publisher. All rights reserved.

J: We met later in life. I'm trying to back-fill some of our lives. He thinks it's silly and wonderful.

C: Many women say that at the end of their menopausal transition, the desire for sex just gets switched off, like a light. But there's this cultural message that you've got to be having sex in order to be alive.

J: If you're not distressed by it, that's fine. It's not abnormal at all. I'm trying to explain to people that there's a whole spectrum. I also see women who want to be sexually active and their partner has erectile dysfunction and is refusing to take meds. And they have to come to terms with that.

C: There's a lot of rage in this book. You use the word *misogyny* often.

J: In addition to having more complex biology and more medical concerns, [women] are also financially disadvantaged and held down because of it. And yet, without our biology, [the human race] wouldn't be here.

C: The story about your mother, who died at 86, is very moving. She had terrible osteoporosis. She had to have a leg amputated.

J: Osteoporosis is so under-discussed. It only happens to old ladies, so not important, right? You don't wish what happened to my mother upon your worst enemy—someone literally sitting in a pile of urine because they can't figure out how to put on incontinence underwear and their osteoporosis is so bad, they can't move to the bathroom.

C: You had a difficult relationship with your mother. You write that she suffered from depression all her life and that menopause may have exacerbated her mental health issues.

J: She was awful to me. She never once said anything positive. She never once said she loved me. Understanding [her mental health] created more empathy toward her than I thought I was capable of feeling.

C: Does it give you more authority to divulge personal stories to readers?

J: Menopause isn't just medical. It's life. So I think my story is helpful. **C**

Interview has been condensed and edited.

HOW TO BUILD A FEMINIST CITY

As Canada attempts to turn the she-cession into a she-covery, building safe, livable spaces that accommodate women and children—and everyone else—is more important than ever

Written by
EMILY MATHIEU

Illustration by
KATHLEEN FU





POORLY LIT LANEWAYS,

unreliable public transit and a lack of public space. Systemic racism, severe housing shortages and unaffordable child care. This set of very modern problems is rooted in an outdated and sexist approach to building cities, which creates barriers to wealth, health and safety. It also makes city living hard for women—and everybody else.

Historically, women have been something of a side note in urban planning, which has long revolved around men with cars who work nine-to-five jobs. Cities are home to roughly seven out of 10 Canadians, yet our biggest urban centres aren't safe or accessible for women and many others—sidewalks that are inhospitable to strollers don't serve seniors or people with mobility challenges, either. Transit that doesn't work for women—who make up more than 50 percent of riders across Canada—also doesn't work for low-wage and essential workers, who also need affordable places to live. And, as we've seen throughout the pandemic, haphazard child and elder care is hardest on women, but it echoes through society.

Neglecting “the caring economy,” as economist Armine Yalnizyan calls it, also means neglecting the people who do those jobs, who tend to be women themselves. Yalnizyan says that work in this sector—which includes child care, education, senior care and health care—accounted for one in five jobs and 12 percent of Canada's gross domestic product prior to COVID-19. Those workers allow the rest of the country to function, she says, yet as the pandemic has shown again and again, their jobs are often not stable, safe or as well-paid as they deserve to be.

Overall, some 2.8 million women were either out of work or had their hours cut in half as of the first pandemic lockdown in March 2020, according to a report from the Canadian Centre for Policy Alternatives. Released in March 2021, it notes that “Black, racialized and Indigenous women working in hard-hit sectors and occupations bore the brunt of the first wave of employment losses,” and that by July 2020, racialized women reported unemployment rates of about 17 percent, compared with about nine percent for white women.

The pandemic has pushed many Canadians to the brink, and the long climb to economic recovery will be especially hard for women. But planners and community organizers also see an opportunity to go beyond recovering to rebuilding, a chance to transform cities through inclusive conversations around housing, safer streets, parks and transit, winterization, access to care, information and education.

Those visions need to be matched by political will. So far, concrete commitments are scarce. City councils in Toronto, Ottawa, Lethbridge, Alta., Halifax, and

Vancouver have discussed what an equitable approach to planning would look like. In Ontario, where women were hit with a nearly five percent loss in paid jobs due to COVID-19 (compared with the just over three percent lost by men), the government has pledged to “ensure inclusive economic growth.” But it's hard to believe when its refusal to mandate paid sick days throughout the pandemic has forced many low-wage workers, including part-time staff in long-term care homes, to choose between personal safety and paying rent.

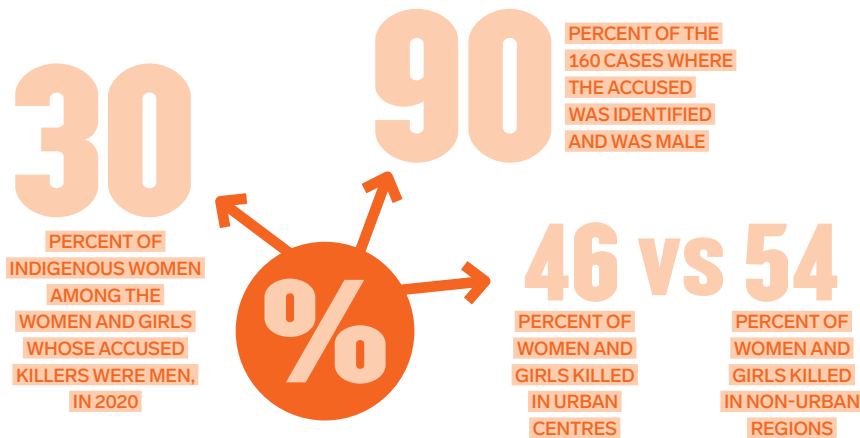
Federally, there's the new Task Force on Women in the Economy, co-chaired by Mona Fortier, the minister of middle-class prosperity, and Deputy Prime Minister Chrystia Freeland, who is also the minister of finance. Its mandate is to “advance gender equity and address systemic barriers and inequities faced by women,” and to that end, the Liberals' 2021 budget included up to \$30 billion over five years for child care and early learning. To their credit, they've finally put a dollar figure on a promise governments have made for decades. It could actually make a difference.

“We are literally leaving money on the table if we don't fix how we take care of the people who are too old, too young and too sick to work,” says Yalnizyan, who coined the term “she-cession.” A member of the federal task force, she considers this an “opportunity to do fiscal policy differently.” That means significant public investments in child care, education, elder care and decent work, says Yalnizyan, to help not only women but also the economy as a whole move forward.

Failing to consider women, people with disabilities, low-income earners, members of racialized communities, children and seniors is a fiscal risk the country can no longer afford to take. And so, it's time to build feminist cities: places where the urban design integrates equity from day one.

To map out what this could look and feel like, we spoke with leading planners, economists, organizers, architects, designers and politicians about their ideas, and how they could benefit the country as a whole.





PUBLIC INVOLVEMENT
IN PUBLIC SAFETY

“People don’t help other people that they don’t identify with. And that’s a problem.”



JULIE S. LALONDE

Site director, Hollaback Ottawa, Ottawa

KRISTYN WONG-TAM
City councillor,
Toronto

“There are incredible barriers facing women that don’t face everybody across the world, so to me it’s so important that we actually focus on uplifting women and girls.”



GET IT IN WRITING

Smart cities cater to their residents, says Wong-Tam, who has represented her dense downtown Toronto ward since 2010. Cis women, trans women and nonbinary people make up more than half of the city’s population, yet are often shut out of civic discourse because of a lack of services like affordable child care or reliable transit.

Wong-Tam believes that in order for cities to thrive, the “interests of women and girls” must be embedded within policy development, in every step, from idea to program development to service delivery. That means fighting for inclusion until municipalities officially sign off on practical steps.

Her most recent success was to have funding for a Gender Equity Office included in Toronto’s 2021 operating

budget. It opened in March and is now developing a gender equity strategy. Future budgets will be analyzed with women, girls and community in mind: One potential outcome could be changing the sign-up procedure for city recreational programs, which currently favours those with free time and high-speed internet access.

Her next push is to collect disaggregated data on city services, tracking how factors like gender, sexuality, race, income and immigrant status impact access to health care, transit and housing. “When you know who is being left behind, who has access, it allows you to then modify your services and programs to ensure that you can actually capture those individuals whose needs are not being met,” she says.

Lalonde wants the average citizen to know that they have a role to play in public safety. She also wants them to know that doesn’t mean being ready to get involved in a physical altercation.

“One of the big myths of bystander intervention is that it’s dangerous,” or requires confrontation, says Lalonde. “You can also intervene by creating a distraction.” Making someone feel safe and supported could be as easy as walking alongside a person who is visibly uncomfortable with the behaviours of others nearby; notifying the driver if an incident takes place on public transit; or alerting a bartender if a woman is being harassed.

Hollaback Ottawa is the Canadian arm of an international movement dedicated to eradicating harassment in public spaces. Lalonde offers free online training in how to safely intervene if you see a person in trouble or in crisis, instead of counting on law enforcement as the first and only solution. Some people who experience violence will use the legal system but, she says, that’s a long, isolating process that not everyone views as viable.

Lalonde would like such training to be mandatory in schools and workplaces. “It’s really important that the community rally around, and that we make it our business.”

One woman or girl is killed every **2.5 DAYS**

DIVERSIFY PLANNING

"It's really easy to say that this is a problem, but it's much more difficult to figure out what it is that we need to do differently in order to undo and to correct."



ABIGAIL MORIAH

Founder, the Black Planning Project,
Toronto

Canada's cities are exclusionary and anti-Black by design, says Moriah, set up to mainly serve the interests of white communities with the means to buy their homes instead of renting. To her, a feminist and anti-racist approach to planning would mean increasing affordable housing, improving transit and cleaning up environmental hazards. It would also mean creating spaces where Black and Indigenous people can feel safe, celebrated and free from police surveillance.

But a lack of diversity at the teaching level means the next generation of Canadian planners aren't necessarily equipped to do that. Moriah says that student groups in the University of Toronto's department of geography and planning had long called for greater

representation in the planning faculty. Those demands were amplified last year during Black-liberation demonstrations in the wake of the death of George Floyd, a Black man in Minneapolis who was killed by a police officer. And in April, the University of Toronto agreed to adopt 56 recommendations from the school's Anti-Black Racism Task Force, including creating pathways for Black staff to fill senior leadership positions as they become available.

Moriah is also conducting an anti-Black racism audit of the planning programs offered to master's and PhD students. "Teaching makes a huge impact on students, as well as research that's being done, as well as the focus of that research," she says.



The number of civilians killed by Canadian police during the first half of 2020.

GET READY
FOR WINTER

"You have to think about those spaces, really, from a four-season philosophy, and we have not done that well in the past."



NANCY MacDonald

Urban planning lead for Canada,
Stantec, Edmonton

"In Canada, the winter context is an enormous challenge," says MacDonald. "Especially if you've got kids, and if you're trying to get to your job after dropping off your kids." But while winter weather can severely limit the ways that women navigate cities, MacDonald believes that those barriers to equity can be remedied by urban planning.

Stantec, the design firm where she works, was among the contributors to the WinterCity Strategy, which aims to winterize Edmonton in a way that makes public space and public services safer and more accessible year-round. Items on the list include designing buildings to minimize wind tunnels, as well as improving the quantity and quality of light in public spaces and creating "sun traps," or spaces exposed to direct light, to generate warmth.

The strategy is also focused on increasing reliable and affordable ways to get to, from and across the city without a car. Public transit is the bridge between the suburbs and the urban core and must remain a priority, says MacDonald, but city planners can't overlook the value of making cycling a year-round option, through properly separated and maintained lanes. All of these changes would help women who aren't in vehicles feel both protected from the elements and less isolated as they move through the city.

Every planning decision that makes things better for women, says MacDonald, spreads to the broader community and cannot be undervalued. "We are really a nation of small businesses," she says, and COVID-19 has reinforced that helping people get outside safely in any season is key to the survival of existing businesses. It could even create an entirely new winter economy.

MAKE IT ACCESSIBLE

 **20.5** VS **16.2** 

The percentage of women who identified as having severe or very severe disabilities and who use public transit, compared with men who identify in a similar fashion.

The pandemic has forced people to use space differently, says Gunraj, and lockdown and isolation pose unique threats to women and vulnerable people. The vice-president of public engagement at the Canadian Women's Foundation, Gunraj helped launch a new podcast, *Alright, Now What?*, in July 2020 to make sure that complicated conversations about equity weren't ignored during the public health emergency.

Hosted by Gunraj and her foundation colleague Kate Hawkins, the show has emphasized that city leaders need to find new ways to ensure public space is safe and accessible. The second season kicked off in December and delves into the connection

between stay-at-home orders and rising risks of gendered violence and what cities can do to address it immediately—ideas that range from more emergency support for women to fast changes to lighting and structural design that open up public space and allow for increased visibility.

"People [might] feel a little bit more isolated when they're outside, it might make them feel unsafe outside in lots of different ways," says Gunraj.

Some abusers will always target women because of skin colour; religious expression, such as wearing a hijab; visible disability; or gender nonconformity, she says, but designing with their safety in mind will result in an improved urban experience for everybody.

ANDREA GUNRAJ

Co-host, *Alright, Now What?*, Toronto

"Women with disabilities experience spaces differently. Women or folks who are trans, nonbinary and Two Spirit will also be pushed out of spaces...or feel unsafe."



THINK OF THE CHILDREN

"We talk about transit-oriented affordable housing, but we don't talk about transit-oriented affordable child care."



AMINA YASIN

Vancouver City Planning Commission,
Vancouver

Child care tops a long list of complex and costly challenges historically borne by women. And housing prices have pushed families across Canada outside urban cores, forcing women who rely on transit to take multiple trips as they drop children off, go to work, run errands, get to appointments and do it all again in reverse at the end of the day.

"Women's movements are not linear in public

space—especially [those of] racialized and low-income women," says Yasin, a city and regional planner in Metro Vancouver. "It's absolutely very important for us to delve into the power and societal interactions in our built environment and how they create barriers."

Yasin believes she has found a practical solution to this thorny, long-standing problem. She imagines a smarter

use of existing public space that would see child-care centres directly linked to public transit: Her research considers how extra space in parking lots, or even on top of transit buildings or parkades, could be used for daycares.

Creating affordable child-care spots at those points of contact would streamline women's days, she says, freeing up much-needed extra time.

EL JONES

Journalist, poet
and activist,
Halifax

"The system we have now does not keep women, queer people and trans people safe—often because people are terrified of the police coming into their communities."



REDISTRIBUTE POLICE FUNDING

Making cities more welcoming to women isn't solely about changes to physical structures, says Jones. It's also about dismantling the sexist and racist narratives that result in individuals being targeted by police and pushed from public space.

"Space is racialized, space is gendered, space is classist," she says. "The very notion of public space is contested, right—who gets to listen to their music in public space?"

The current narrative around police and safety, says Jones, is that the threat of social chaos must be held back by "some form of authority, or control, or discipline, or containment." Policing today doesn't serve everyone equally, she says, and instead protects people deemed respectable from those on the margins—which traditionally includes sex workers, as well as those who are racialized, Indigenous, queer and/or trans.

That authoritarian approach fails to protect women because

it's male-dominated and patriarchal. That's a big reason why domestic, gendered and sexual violence is rarely reported, and even more rarely results in a conviction.

"We talk about public safety as [something] maintained by punishing, policing, containing, getting rid of, moving off those other people," says Jones, who is chair of a committee tasked by the Halifax police board with defining what defunding would look like in practice.

"Safety is actually when everybody has a home that they can pay for. Safety is a universal basic income. Safety is having universal child care."

Those things are expensive, which is where the concept of defunding the police comes in. It's something that Jones was advocating for long before it gained momentum in the past year. The idea is that public safety is best created by prevention, not cure: that redistributing portions of huge municipal police budgets to

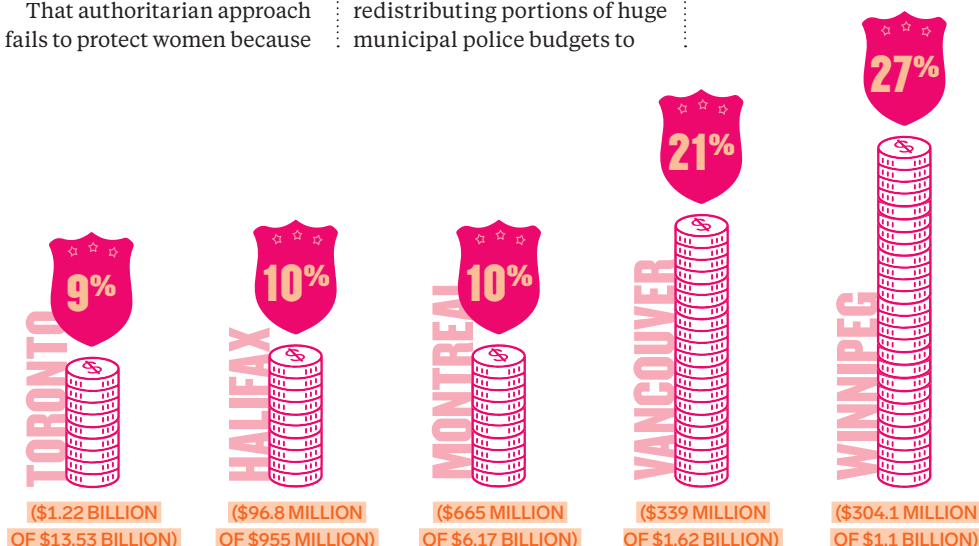
social services, housing, mental health supports and direct services for women escaping abuse would prevent people from slipping into the poverty that is often the root cause of crime and violence.

Jones believes that women's gendered conditioning—being taught to nurture and care for others—can be a boon for organizing but, first, women have to let go of the sexism that also teaches them to neglect themselves.

Meaningful policy, she says, is built from the grassroots up.

"We organize our communities, whether that's to fight police, whether that's to fight evictions, whether that's to advocate for community gardens, whether that's to get a bus stop with correct lighting," she says. "We work in a community first. We organize ourselves as women, in particular."

POLICE BUDGET AS A PERCENTAGE OF CITY OPERATING BUDGETS, 2020



STATISTICS ON POLICE BUDGETS: CTVNEWS.CA, "DEFUND THE POLICE? THIS IS HOW MUCH CANADIAN CITIES SPEND," JULY 10, 2020.

**24% OF HOUSEHOLDS
WITH AN INCOME
OF \$20,000 OR LESS**

HAVE NO PUBLIC GREEN
SPACE WITHIN A 10-MINUTE
JOURNEY FROM HOME



**5% OF HOUSEHOLDS
WITH AN INCOME
OF \$150,000 OR MORE**

HAVE NO PUBLIC GREEN
SPACE WITHIN A 10-MINUTE
JOURNEY FROM HOME

HEALTHY HOMES

“I think if we were going to build a city, it should be built based on the challenges that the under-represented people and more disadvantaged people are facing right now.”



WANDA DALLA COSTA

Principal at Tawaw Architecture Collective and founder of the Indigenous Design Collaborative, Phoenix, Arizona

Cities that connect people to one another and the natural world result in healthier, more sustainable environments for everybody, says Dalla Costa, a member of Saddle Lake Cree Nation in Alberta.

That means getting more “eyes on the street,” she says, referencing an idea attributed to famed urbanist Jane Jacobs: Getting people out into public spaces encourages them to care about their communities and feel empowered to keep one another safer. Green spaces also give women, children and families ways to connect and unwind, and have a positive impact on health.

For guidance, Dalla Costa says that planners would do well to look to Indigenous design. Canada is young compared to original civilizations both here and around the world, she says, many of which used wind for natural cooling and architecture that lets in light from the sun.

“Because we are the First Peoples, we can start that conversation” around design and sustainability, says Dalla Costa, who founded the Indigenous Design Collaborative at Arizona State University. In New Zealand, she notes, Te Aranga Māori Design Principles—which aim to create unity, foster knowledge and

self-determination, and promote environmental stewardship and spiritual connection to the natural world—are built into a range of current and upcoming projects.

As part of her work, Dalla Costa partnered with a Blackfoot Elder to create a room in the Niitsitapi Learning Centre in Calgary. It features 360-degree views of the sky and can be entered from four directions, elements she says are core to Indigenous beliefs.

“Typically we design cities based on the highest and best use of economic return [on space],” says Dalla Costa, which she says is poor planning. The firm she works at, Tawaw Architecture, is leading the design of eight mini homes on a reserve in Alberta that will serve as transitional homes for community members experiencing homelessness.

“The most under-represented voices in our cities and in architecture are often the most disadvantaged,” she says. They are also most likely to be directly harmed by the impacts of climate change, including deadly heat waves.

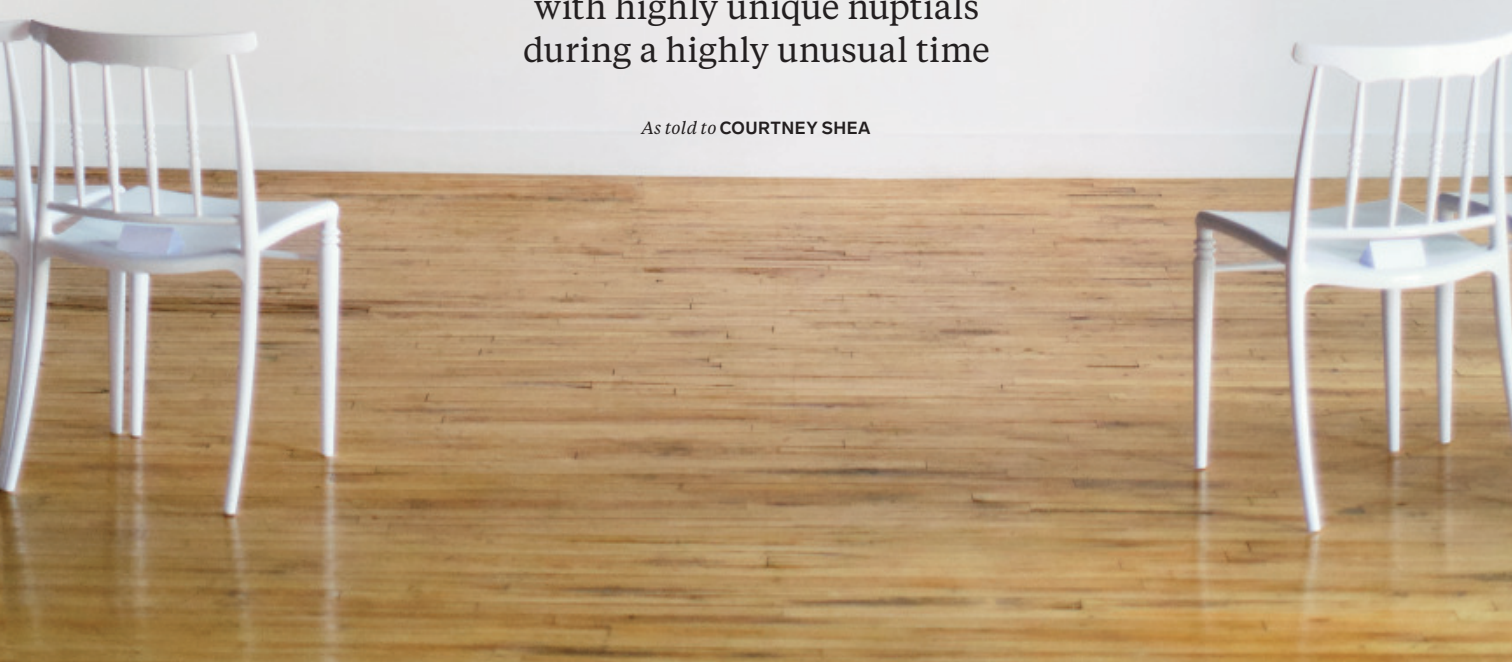
“They also have the very important position of being the canaries. ... If we listen to their challenges, it will tell us a lot about other people’s.” **C**



The best-laid plans

The pandemic threw a major wrench
into the 2020 wedding season.
Meet five couples who forged ahead
with highly unique nuptials
during a highly unusual time

As told to COURTNEY SHEA





I

A NO-WORRIES WEDDING DAY FOR TWO FRONT-LINE WORKERS

Kwame and Samantha
Toronto
July 25, 2020

SAMANTHA: Our original wedding date was August 2020. By April, everything had started to get so complicated, for obvious reasons, and then our venue shut down. So we just thought, “Okay, let’s try this again next year.” Then I saw on Instagram that the Toronto Wedding Collective [a group of local vendors] was having a contest: a free wedding for a front-line worker. I’m a nurse, so I entered, but almost as a joke. I never thought we would actually win. When we did, it was just like, “Oh my God. Well I guess we’re going to do this.” My side of the family was really skeptical about a wedding that I had won in a contest. This wasn’t the wedding they had envisioned for me.

▶ Top: Kwame and Samantha’s prize wedding package came complete with flowers from Toronto’s Rosehill Blooms; they chose the “bright” option. Left: The couple’s full wedding party.





KWAME: It wasn't what we had envisioned for ourselves either, but it ended up being exactly the right thing.

SAMANTHA: This has been a crazy year, and really bleak and sad in so many ways. At work, both of us had been dealing with so much tragedy. Before COVID, Kwame was working as a gymnastics coach, but he was redeployed by the city to do physiotherapy and sanitation at a long-term care facility.

KWAME: We cancelled the original wedding because it all felt so overwhelming, especially given our jobs. Now we had someone else handling everything.

SAMANTHA: But we still got to make our own choices. Part of the prize was a dress rental, but I had already bought my dress at a pop-up in January. It was exactly what I wanted, so I stuck with it.

KWAME: I knew I didn't want to do a tux. I'm Gambian. In my culture, the groom and his family wear white, but I knew that wasn't going to work either. I'm a 32-year-old man, but let's be honest, I need a bib. I decided on a modern suit in navy blue, inspired by Gambian tradition. The character on the

front translates to "but for God," which felt very fitting.

SAMANTHA: The venue was a loft space in downtown Toronto. Because of all the restrictions, we didn't do a typical reception. Instead, we cut the cake with our 50 guests and did a champagne toast. We didn't have a first dance.

KWAME: But we did have a song. My mom and I performed "Something Good" from *The Sound of Music*. I grew up on Rodgers and Hammerstein, so that was really special. We kept it a secret.

SAMANTHA: I knew they were planning something, but I didn't know what.

KWAME: I almost felt selfish for taking that time to have so much joy, but it was also a relief to be able to relax and just celebrate. The pandemic has reminded us to focus on the things that really matter.

SAMANTHA: I felt exactly the same way. We got to have this wonderful day with none of the stress and we didn't have to spend thousands of dollars. We took the money we were going to spend on our wedding and made a down payment on a house!

◀ Like Kwame, the groomsmen—all cousins—wore navy suits inspired by Gambian tradition.



▲ Top: Samantha and Kwame with Kwame's family. Bottom: Samantha with Amanda, left, a good friend from nursing school, and Vida, a best friend since grade 4.



2

MATCHING OUTFITS JUST FELT RIGHT

Paulina and Sandy
Vancouver
August 7, 2020

PAULINA: I lived in Canada for a few years when I was little and I always had the dream of moving back. Sandy and I met in a bar in Guadalajara, Mexico in 2018. We knew pretty quickly that we wanted to be together, and when I told her that I had been planning on moving to Canada, she was up for it.

SANDY: I felt very lucky to meet the love of my life. I think I would have gone anywhere, but I ended up really loving Vancouver, where we moved at the end of 2019.

PAULINA: We decided to get married because it makes everything easier in terms of applying to stay in Canada permanently, but I don't want to make it sound unromantic. We were also very excited to get married for all the usual reasons. We both planned surprise proposals. I brought Sandy to a park in our neighbourhood; we had a picnic and I played a song that we really love on the ukulele—"I'm Yours"—before I asked. And then she brought me to this beautiful gazebo in North Vancouver. We got married under that same gazebo three weeks later.



SANDY: I guess it was pretty romantic. We didn't have a lot of time. We knew we wanted to do something simple given the circumstances. My family is all in Mexico, so that was tough. But we had some family from Paulina's side. We had 13 guests in total.

PAULINA: My sister made the bouquets and our corsages. We didn't start out with the idea to wear the same thing. At first, we were thinking about dresses. I spent a lot of time looking at Pinterest and I started to really like the idea of a tuxedo look. If one of us was going to wear the tux, it was going to be me.

SANDY: We ended up going to Zara. Paulina tried on the ivory suit first, then suggested I try it on, too.

PAULINA: With weddings, there is this overwhelming sense of what you "should" do. We realized: Why don't we just do what feels right for us? The ceremony was easy and fun. I don't think we realized we were going to enjoy the day as much as we did.

SANDY: It was wonderful. After we were officially married, we walked down the block to a restaurant that allowed two tables of six. There were some toasts, and then we ended the day with dessert.

PAULINA: Two cakes because we each have our favourite: tiramisu for me and cheesecake for my wife. We may have the same taste in outfits, but not in cake.

▲ Paulina (left) and Sandy in matching suits purchased at Zara, with corsages and bouquets made by Paulina's sister.



3

A RECEPTION FOR TWO— THAT DIDN'T WRAP UP TILL THE WEE HOURS

Natasha and Sam
Toronto
May 24, 2020

NATASHA: We were planning a big fat wedding: 200 guests, 12 people in our wedding party, a multi-course meal and late-night food stations. Our date was May 24, but by early April we had sent out notes to our guests saying that, unfortunately, the plan was off. We talked about maybe postponing getting married, but we decided that we wanted to keep the date and do something smaller. I don't think I realized how small.

SAM: We started looking at our options, and there weren't a lot. This was April 2020, so everything was closed—you couldn't even go to city hall. We spoke with our pastor, and he said that he could do it at our church, which was what we wanted anyway.

NATASHA: We were only allowed five people—the officiant, Sam and me, his sister and one close friend. All of my family live outside of the province. Everyone was going to be meeting for the first time at the wedding. We had planned all of these dinners in the days



leading up. Instead, almost everyone got together on Zoom.

SAM: I remember going onto a video call and our families were already chatting. That's definitely a memory that sticks out for me. Like, just a few weeks prior and the whole scene would have been unexplainable. And then here we all are, making it work.

NATASHA: I had bought my wedding dress back in August 2019, but I wasn't able to get it altered because everything was closed. I found a Calvin Klein dress from the Bay instead. It was relaxed. Everything was relaxed.

SAM: We got ready at our place together, and we went to the church together. We were almost there when I realized I had forgotten the rings at home.

NATASHA: He said to me, "Well, I guess that's why you have a best man!" The ceremony was short and beautiful, which is one of the pros of a church—you don't have to decorate. It all took about 20 minutes. We spent some time taking photos but we were still home by 6 p.m. And it was a bit like, "Okay, now what?"

SAM: A lot of friends had sent us champagne and chocolate, so we had our own celebration. We had our first dance—"Find Someone Like You" by Snoh Aalegra—in the living room, just the two of us, and stayed up until 3 a.m. We were so excited and happy. The

▲ The pair posed for photos at Guild Park and Gardens, where they had planned to get married.



▲ When her original bridal gown couldn't be altered, Natasha bought an off-the-rack number at the Bay.

champagne helped. It's funny because we put so much time into planning this wedding that was really for other people, and then the day was all about us.

NATASHA: We found out I was pregnant about eight weeks later, and now we have our beautiful daughter, Emani. This year has been absolutely nothing like we imagined, but we have been so lucky. My original dress is still hanging in my closet. We definitely want to do a celebration when things are back to normal, we just don't know when that will be. Plus, now we have a pretty cute flower girl.



4

"I DO" AT THE DRIVE-THRU, IN PYJAMAS

Bonnie and Mike
Winnipeg
September 11, 2020



▲ The ultimate low-maintenance bride, Bonnie bought her wedding cake at Sobeys and added the flowers herself.

BONNIE: We got engaged in 2018. We didn't have a plan before COVID. We thought that we might do a destination wedding. Both of us have been married before, so it's not like we were thinking about that big white wedding sort of thing. I was starting to realize that travel might not be an option for quite a while and then I saw this post on Facebook about a local officiant who was marrying people in her driveway. I texted it to Mike. He immediately responded with a list of locations in Winnipeg where we could get a marriage licence—he already had that information saved on his phone, even though we hadn't picked a date yet. It was two weeks between that day and our wedding. We didn't have to do too much to prepare. We ordered rings—mine has a black diamond; Mike's is made of black carbide with an electric-blue centre. I think our whole idea was to keep things a little bit unconventional.

MIKE: We started to talk about what to wear and got the idea of just wearing our pyjamas. But then I saw this T-shirt that said "Straight Outta Quarantine," and I just knew I had to wear it.

BONNIE: I went with a favourite robe and slippers. I wore blue suede shoes for my "something blue." And a garter under my PJs. We put a Just Married sign and some bride and groom cut-outs on the car, and that was it. We needed witnesses, so I asked my aunt and uncle to come with me to an appointment and then it was like, "Surprise!"

MIKE: The only real hiccup was when my ring was a bit too tight.

BONNIE: I shoved it on. It was like, "Fit! Fit!" Afterward, Mike's eldest daughter held a small backyard reception, which was a nice surprise. We have five kids combined and we told all of them the news two days before. We had confetti poppers and champagne.

MIKE: And we fed each other wedding cake. We did some traditions.



5

A CREATIVE SOLUTION TO A CROSS-BORDER CELEBRATION

Alex and Lindsay
St. Stephen, N.B.
October 10, 2020

ALEX: We had our wedding planned for August 2020—your typical 100-guest reception kind of thing.

LINDSAY: At first we thought we would just push everything back by a year, but then I started to worry that maybe summer 2021 wouldn't work either. I started reassessing our options. We live in Nova Scotia but I grew up in Calais, Maine, which is just across the St. Croix river from St. Stephen. A lot of my mom and stepdad's side of the family are in Maine, so when the border shut down, it got complicated.

ALEX: Lindsay came to me with this idea to do a cross-border wedding.


LINDSAY: At first I thought we could get married on the beach in St. Stephen, and my American family could pull up in boats. But then I realized that the tide would be too far out and the boats wouldn't be able to come near us. That's when I thought of the wharf.

ALEX: We had to submit a safety plan before [the town] would agree to rent it to us. It had been recently rebuilt,

which was nice. I ordered my suit super-last-minute. And then, in true COVID fashion, I got a giant hand sanitizer stain on it while I was trying it on. Luckily, we had time to get it cleaned.

LINDSAY: I bought my dress back in January. My mom came shopping with me, and that ended up being the last time I saw her before my wedding day! She was very involved in the planning, though. I think she was on the phone with the mayor of St. Stephen 10 minutes after I called to tell her what I was thinking. We had to cut down on numbers, so pretty much everyone who was at the wedding was involved. My stepmom did my hair, my maid of honour's mom did my makeup and her dad surprised us with a sound system on the wharf. It felt like being in one of those cheesy Hallmark movies where the whole town comes together to make something happen. A dozen of my American relatives lined up on that side of the river. My grandparents and aunt and uncle pulled up beside us in a boat. They brought a blowhorn!

ALEX: The officiant actually had to tell them to quiet down.

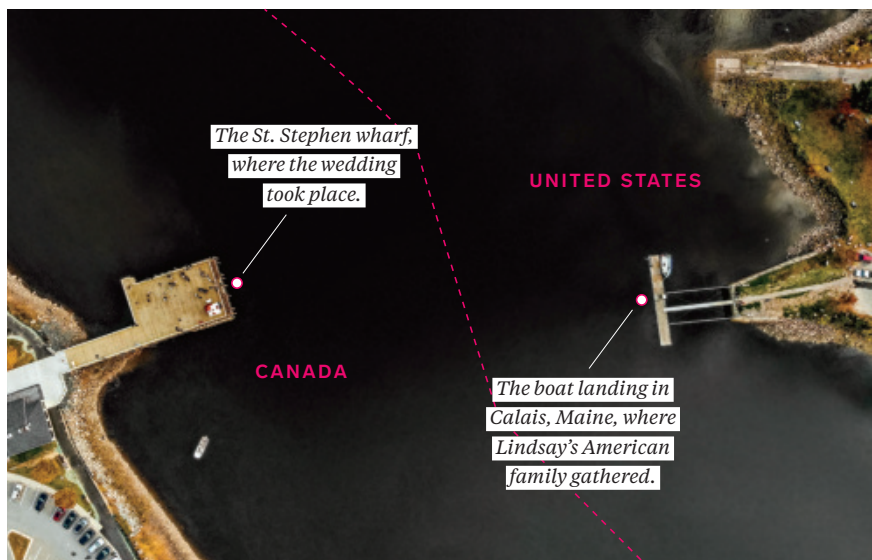
LINDSAY: And, in the end, we had a wedding day that felt so special and unique. At one point, we were thinking we would do another "wedding" when the border opens up again, but now we think, no way. That was our wedding day, and it was amazing. 

 The couple's officiant, Mark Allan Groleau, promises "unboring" weddings.






▲ From top to bottom: The newlyweds pose on the St. Stephen wharf; an aerial view of the festivities; Lindsay's American family gathered on the Maine side of the river.



LIGHTHOUSE, AERIAL VIEW OF ST. STEPHEN AND CALAIS, & U.S. FAMILY WATCHING PHOTOS, RAY SIMPSON.



Lisa Raitt at home in Moffat, Ont., with her dog, Daisy.



**“Every day
that I get
through is
a good day”**

FORMER MP LISA RAITT
ON BEING A CAREGIVER
TO HER HUSBAND—
AND STILL BEING IN
LOVE WITH HIM, TOO

As told to SARAH BOESVELD

Photography by CARMEN CHEUNG

ON NEW YEAR'S DAY 2021, I called the police on my husband, Bruce. That morning, I had gotten up and made a big breakfast:

sausages, bacon, French toast, a few crepes. Bruce—who is six foot three and at the time weighed 250 pounds—was walking around with a jacket on and no pants, which was not unusual. But then he started getting really angry, growling a lot. And he started to advance toward me very quickly with the intent of hurting me. He did this three times. I had installed cameras all over the house so I could monitor his movements, and I watched the footage afterward to make sure I hadn't misread the situation. I feel so much guilt for what happened next.

It looked like he was coming at me, like he was going to check me into the boards or tackle me like a football player. You could see he didn't know who I was. He had no recognition. He just wanted to hurt me because, in his mind, I was keeping him from something he wanted. The third time he came at me, I raised my voice and my 16-year-old son tried to come between us. My other son and his girlfriend were upstairs and I thought, "If Bruce goes on a rampage, I've got somebody in the house who isn't family, and I can't take the liability." So I called 911.

They sent six police officers, and they had to call for backup: four paramedics, four additional officers and two supervisors. They put fabric restraints on Bruce and he broke them. So then they cuffed him. I couldn't watch. They sent so many people because Bruce is on the registry for being predisposed to violence. Also on the registry: the fact that he has young-onset Alzheimer's.

Bruce and I first met in March 2008 through work. At the time, I was the CEO of the Toronto port authority, and he was the CEO of the Hamilton port authority, which competed for business on the Great Lakes. We eventually had a business lunch together, with other people. When I decided to run for the federal Conservatives later that year, Bruce started volunteering—watching me from the back of my campaign events and always sending a note after to say how well I did.

After I was elected as MP for my riding of Milton, Ont., Bruce would often "just happen" to be in Ottawa. There was a lot

of jewellery. He sent me a diamond band four months after we met. When I became cabinet minister, he sent me diamond earrings. It was nice, but I didn't quite know what to do. He asked me to marry him in January 2009 before we'd even begun dating. I made a joke out of it—I was like, "Whoa, buddy." But I could never say no. I never told him to go away. I never told him to stop.

I didn't accept the earrings until after we officially started dating, in April 2009. It was a tumultuous time, and I'm quite sure now, in retrospect, that Bruce's dogged pursuit of me was an early sign of his Alzheimer's. Personality shifts and aggression can be indications of the disease. His friends will talk about how jovial he was before, how easygoing. The Bruce I knew was aggressive on deals, elbows-out sharp—not a softer, cuddly teddy bear kind of guy at all. The doctors believe his disease stretches back to 2013, but I didn't know it was Alzheimer's until 2016, when he was officially diagnosed. Bruce was 56. Something had happened where he almost lost his job. And at the very last minute, one of the directors at his work

said, "There's got to be something wrong here." Bruce went to see a neurologist. After the diagnosis, I cried for three days. I cried for what we were going to lose. I cried for the decisions we were going to have to make. I cried out of fear.

Four months later, we got married.

"After Bruce was diagnosed, I cried for three days—for what we were going to lose, for the decisions we were going to have to make."



Lisa and Bruce this past Christmas, shortly before Bruce was admitted to a geriatric care facility in Toronto. "He would smile when I sang silly Christmas songs," says Lisa. "I could still see him in there."

Before Bruce's diagnosis, I wasn't sure I wanted to get married, because his behaviour had begun to worry me. He would call me in Ottawa and say weird things. He told me he hated my parents, which was new. I remember taking my kids to Cape Breton in 2013 and when I got back, he had bought a brand new truck without talking to me about it. I thought, "I don't know this guy."

But when the diagnosis came, it removed that barrier—it was like, "This is not you; this is a disease. I'm going to give you comfort, and I'm going to give me comfort." And I loved him. From 2016 to now, it's been beautiful. We travelled, we made memories. He was attentive and didn't have any issue with my career. He loved socializing and was a great escort.

Bruce slowly progressed into the disease and started doing other odd stuff, like buying tons of really expensive clothing—he was always a clothes horse, but this was next level. He had always loved doing laundry, but now he'd hang it wet all over the house and then wash the clothes all over again. The kids and I would go, "Oh my God, when is this going to stop?" As people in the field will tell you, it always stops. But then the next stuff happens, and the ability to perform tasks just disappears. I think the last time he picked up the phone to call me was a year ago in February. I saved the last voice mail he ever left for me, and I'm so glad I did.

Last spring, I hired caregivers to take Bruce on outings during the day and stay at home with him, so I could work. It had gotten to the point where he was incontinent, and I would have to disinfect the entire house. I literally lived in fear of what the night would bring, as that was often his most agitated time—waking up, hallucinating, sometimes hitting me, thinking I'm some kind of threat, as he did on New Year's Day.

At the same time, there are still those fleeting moments. Over the holidays, he would smile when I sang silly Christmas songs to him. And while he was cognitively declining, I could still see him in there—I could still see him in his eyes.

After he was taken away on New Year's Day, Bruce went to the local emergency room, then the hospital and eventually to Baycrest, a leading geriatric care facility in Toronto that specializes in aging and brain health. Like all new residents right now, he

had to quarantine for two weeks because of COVID protocols. During that time, he refused to eat and he lost a lot of weight.

In the first days I spent without him in the house, I went through the grief of being a widow and being alone; I would see his stuff around and cry because he's not here anymore. I got sad, and then I got my hopes up, like, "Well, maybe he's going to get better." And then I remembered that absolutely no one gets better from Alzheimer's. Nobody.

It's hard to find joy in what's going on. But you still find those things that you can

be grateful for. I use the word *grateful* a lot. I tell myself I'm grateful for certain things—and I am. I watch a lot of TV, good and bad. I let myself cry at movies. I'm escaping that way. I'm not beating myself up because I'm not eating well. And I'm not beating myself up because I'm not exercising. Every day that I get through is a good day.

A lot of caregivers tend to push people away, and I think I'm trying to avoid that by inviting people into my life. I have this group of folks going through similar experiences with their partners and family

SUPPORT SYSTEMS

Caring for caregivers

Caregiving is isolating, but you're far from alone. Here are some resources that could make it a little easier.

THE ALZHEIMER SOCIETY OF CANADA alzheimer.ca

Local chapters of this Canada-wide charity provide crucial community supports to people living with Alzheimer's and other dementias, and those who look after them.

Caregivers will also find useful resources on the site, including advice on dealing with stress and planning for end-of-life care.

YEE HONG'S CAREGIVER EDUCATION AND RESOURCE CENTRE yeehong.com

This non-profit senior-care organization—an offshoot of Yee Hong's Centre for Geriatric Care—offers culturally appropriate care to Chinese and other Asian seniors in the Greater Toronto Area. It also offers support for caregivers, including a video series that covers everything from dementia-care techniques to breath work.

HILARITY FOR CHARITY wearehfc.org

Founded by actor Seth Rogen and his wife, Lauren Miller Rogen, Hilarity for Charity connects families in the U.S. and Canada facing Alzheimer's with resources, including virtual support groups and caregiving coaching. It also offers a caregiver-respite grant program.

FAMILY CAREGIVERS OF BRITISH COLUMBIA familycaregiversbc.ca

This B.C.-based organization offers monthly virtual gatherings for caregivers in the province to share, unload, and be seen and heard by others going through similar challenges.

WORKING DAUGHTER workingdaughter.com

This community, created by the author of *Working Daughter: A Guide to Caring for Your Aging Parents While Making a Living*, is geared toward women juggling caregiving and work.

“What I’ve realized is I’m still in love with Bruce. It’s not that I love him in a caregiving way—I’m still in love with the guy. Because he looks the same.”



Snapshots of life with Bruce: Lisa documents her experience as a caregiver to Bruce on Instagram (@lisaraittmp), sharing an unvarnished look at the realities of being a partner to someone with young-onset Alzheimer's disease.

members that I talk to online on Thursday nights. One thing I learned from them is that you can give yourself permission to think about what the future looks like. And I do: I think about my list of things I will do when this is all over, and top of the list is I want to go away with my sons on a vacation and just make up for the fact that I've been more focused on Bruce's caregiving than I have been on them for the past six years. They're growing up so fast.

Because I worked in federal politics, I get asked about whether there should be more government support for caregivers. I'll go all conservative on that one and say there should be better tax breaks. But I think the federal government should fund organizations like the Alzheimer Society to support people going through this, to provide programming for

people with Alzheimer's and to fund research for a cure. It's prohibitively expensive to hire personal support workers. The amount of care that's needed is physically, emotionally and psychologically exhausting, so you need multiple workers to get through a day and night of care.

What actually works is adult daycares, where there is recreational therapy programming for people with young-onset Alzheimer's—so many of the interventions are for older sufferers who have less physical ability and strength. I would love to have had that for Bruce. I would love to have that for Bruce right now.

Instead, I've at least been able to visit him in a conference room at Baycrest. I have to wear a yellow smock, face shield and a mask; sometimes I'll pull the mask down and let him see my face. I usually overstay the hour of time we're allotted.

The first time I saw him in person since sending him to hospital that day, he recognized me—or at least recognized that I was important to him. I don't know if he knows it's Lisa, but he certainly knows it's the nice lady who looked after him. He was happy to see me and I brought him some treats. And the hour went by too fast. He slept through most of it.

Right now, I can only visit Bruce once a week. What I've realized is that I'm still in love with him. And it's not that I love him in a caregiving way—I'm still in love with the guy. Because he looks the same. He still kind of tried to give me a little kiss recently. He still gave me a hug. I've heard him say, I love you. The memories are enough to buoy me. **C**

This conversation has been edited for length and clarity.

CAREGIVER TO CAREGIVER

Advice from women who have been there

TAKE CARE OF YOURSELF

"If I don't put myself first, everything collapses. I'm an early riser, so I either go for a long walk or I hit my little home gym. I have also been trying to meditate. Learning how to breathe properly helps ground you; when I have a difficult situation, I'm able to pull myself back and respond rather than react. I also get respite. I have 20 hours a week of caregiving help, which gets me out of the house. The other day I just took my book and got a coffee and went down to the park to read. It's such a weight off my shoulders; I'm so grateful for it." — *Janice; a caregiver to her husband for the past three years*

PLAN AHEAD

"After my husband's diagnosis, I signed him up for a MedicAlert Safely Home bracelet that lets first responders and the public

know he has dementia [in case he wanders off]. I also had wallet-size cards printed up, which I hand out to people—like restaurant servers—we encounter in public. The cards explain that the person I'm with has dementia and the special needs that may be required.

— *Elaine; a caregiver to her husband for the past four years*

FIND A NETWORK

"I joined a support group through my local Alzheimer Society, and I met two other women, who became friends. We would go for coffee pre-pandemic, and now we connect over Zoom. We're all at different stages of caregiving, so we talk about what has worked for us and what didn't. This path you walk alone, but you don't have to be lonely."

— *Margo; a caregiver to her husband for the past six years*

ASK FOR CULTURALLY SPECIFIC SUPPORTS

"I requested a Mandarin-speaking personal support worker [PSW], knowing my mom would be more comfortable with someone who could speak the same language. There were none available in our area, but I insisted. The agency found one that was willing to work outside her district, and it made a whole world of difference—my mom's condition made it difficult for her to talk, so her mother tongue came more easily to her than English.

Because language wasn't a barrier, they were able to bond and became friends. I lost my mom last year, but I still keep in touch with the PSW."

— *Susan*; a caregiver to her mom for five years*

**name has been changed*



OUR OBSESSION
SINCE 1984
INTENSE FLAVOUR
SMOOTH TEXTURE
RICH-TASTING
YET SILKY AND SUPPLE

LIBERTÉ
méditerranée

OUR BEST
TASTING
YOGOURT

food

**BAKE OUR
STUNNING
COVER CAKE**

page 79



[LIMITED-TIME OFFER]

The white gold of spring veg

Sometimes called edible ivory, white asparagus is revered in Europe; Germany welcomes the pale stalks—and with them, the arrival of spring—with its annual Spargelfests. While it starts out the same as its green counterpart, as it grows white asparagus is completely covered with soil and harvested before it sees sunlight to prevent chlorophyll from giving it colour. Tender and sweet, it's also more fibrous (peel before cooking). Turn to page 97 for this luscious recipe.



Hold the heat

COLD-PRESSING is used to extract oil from seeds, nuts and other plants without using heat, which helps preserve both nutrients and taste. Canadian vegetable oils made this way are friendlier to the environment than most heat-expressed supermarket offerings, as they travel a shorter distance to shelves and don't require the use of chemical solvents in the production process. When choosing an oil, consider the flavour profile you're looking for and the temperature you'll be cooking at. We put three oils farmed and produced in Canada to the test—read on for the tasty results.



1. CAMELINA OIL, THREE FARMERS

This oil is extracted from a flowering plant—*Camelina sativa*, also known as gold-of-pleasure—that's native to Europe and Asia. It's also a decent substitute for peanut oils. Three Farmers' camelina is primarily grown in Saskatchewan and cold-pressed in Saskatoon.

Taste test: On its own, camelina oil has a light asparagus flavour, which makes it good for salad dressing. We whisked together crushed garlic, honey mustard and red wine vinegar, then drizzled in the oil. It emulsified smoothly and took on the flavours it was paired with. Two 500-mL bottles, \$30, threefarmers.ca.



2. FRYER OIL, PRISTINE GOURMET

Fats used for deep-frying need a high smoke point (once an oil starts to smoke, its nutritional profile is compromised and it can also alter the taste of your food). This blend of refined canola and cold-pressed sunflower oils fits the bill.

Taste test: On its own, the oil has a light, nutty flavour. We double-fried Canadian russet potatoes in a generous amount, and the oil retained its golden colour throughout the process. The resulting flavour was quite neutral, and after we salted our fries, they tasted like they came straight from a fry truck! 16-L package, \$35, pristinegourmet.com.



3. ORGANIC UNREFINED CANOLA OIL, MAISON ORPHÉE

This Quebec company has been cold-pressing oils for more than 30 years. Made from canola grown in Ontario and the Prairies, this one is pressed at Maison Orphée's Quebec City factory.

Taste test: On its own, cold-pressed canola oil has a light, arugula-like flavour that's slightly earthy and bitter. It mixed well with other wet ingredients when we made a batch of blueberry muffins. There wasn't any harsh taste in the final product, and leftovers kept well for days without any changes to the taste or texture. 500-mL bottle, \$9, maisonorphee.com.

WE'LL DRINK TO THAT

Zero proof

Raise a glass with alcohol-free spirits, beer and more



This "alt-spirit" has notes of citrus, cucumber and mint—perfect for gimlets, French 75s and much more. 375-mL bottle, \$20, enjoylumette.com.



Distilled using a spicy botanical blend of juniper berries, coriander, allspice and star anise, Sobrii handily stands in for gin. 200-mL bottle, \$17, sobrii.ca.



Known as "wine proxies," these blends—made from juice, tea, spices and bitters—boast similar flavour complexities to your favourite vinos. Three 750-mL bottles, \$70, acidleague.com.



Light, citrusy and hoppy, this craft-brewed pale ale from Prince Edward Island goes down easy when ice-cold. 12-pack of cans, \$30, drinklibra.ca.



Spirit Tree's orchard in Caledon, Ont., doubles as a cidery and makes a great sparkling wine alternative. 750-mL bottle, \$9, spirittreecidery.com.



A reluctant icon

Noorbanu Nimji, a culinary force from Calgary, shared her spicy touch with the world

Written by **MANISHA CLAIRE** Illustration by **ANSON NG**

In 2016, *Western Living* magazine announced its annual Foodies of the Year list. It featured a typical selection of cutting-edge chefs and beverage masters, but among the honourees was also the oldest person ever named to the list, as well as the only home cook recognized that year: an eightysomething Calgary grandmother named Noorbanu Nimji.

Five years later, it's clear that Nimji's presence on *Western Living's* list—where she received the title of “Reluctant Icon”—was a fitting nod to her unique place in the Canadian food world. Nimji, who passed away last June at age 85, spent more than 40 years teaching fans around the world about the Indian and East African food of her Ismaili Muslim heritage through *A Spicy Touch*, a self-published

cookbook series that went on to sell several hundred thousand copies. From her home kitchen, she served as a one-woman cultural council, ensuring that multiple generations of Ismailis could learn about and appreciate their homelands. “When the time comes [and] our parents and grandparents are no longer around, how do we preserve that heritage aspect of our cooking?” says Ali Jadavji, a Calgary chef who grew up near the Nimji family. Through her recipes and her commitment to teaching the next generation, “Mrs. Nimji did that for us.”

Nimji's journey from homemaker to culinary celebrity started when she and her family arrived in Canada from Nairobi, Kenya, in 1974. As a young wife and mother, she learned to cook dishes

that blended her Gujarati heritage and the cuisines of East Africa: potato curry, pigeon peas and savoury rice dishes.

After Ugandan president Idi Amin called for the expulsion of Asians from the country in the early 1970s, Nimji's family left Kenya, worrying the same might happen there. Many Ismailis, who are part of a Shia Muslim community currently led by Prince Karim al-Husayni (Aga Khan IV), sought asylum in Canada, the U.K. and elsewhere, leading to the creation of a diaspora that now spans 25 countries. Today, there are about 100,000 Ismailis living in Canada.

In Calgary, the Nimjis were active in the local Ismaili community, and it was common for Noorbanu to host visiting Ismailis for dinner at home, often to rave reviews and requests to learn how to make the samosas, spice mixes and condiments she served. None of her recipes were written down, so she would have people come over to teach them how to make bharazi (pigeon peas in coconut cream) or kuku paka (chicken, potatoes and eggs in coconut sauce), says her son, Akbar Nimji. "And that's how it started."

"It" was Nimji's foray into recording her recipes and teaching them to others in a more formal setting, starting with small cooking classes for university students in the late 1970s. The classes, which met every Saturday in Nimji's home kitchen, were organized by local Ismaili community members for those students who wanted a taste of home but had no idea how to make the comfort food they craved.

She quickly amassed enough codified Indian and Indo-East African recipes for her first cookbook, *A Spicy Touch: Volume 1*, published in 1986. Getting the book to print was a family affair: A teenage Akbar was in charge of typing all his mother's handwritten notes, which often included terms in Gujarati, Swahili and Arabic. The final product almost didn't see the light of day when Nimji found out how expensive it would be to have it printed. But after a home-cooked meal, the representative from the company struck a deal: They would front the money for the initial costs, and Nimji would reimburse them once copies sold.

And sell they did. Following the initial success of the first volume, Nimji released a second in 1992 and a third in 2007. The first three volumes sold more than 250,000 copies, especially remarkable considering the first two books were only available for purchase in Canada during the 1980s and 1990s. Many were given to new brides across the diaspora who had either never been to their family's homelands or had not lived there long enough to learn traditional dishes. Through word of mouth, the book became a precious culinary and cultural resource.

Nimji's role as a community connector showcases the importance of food as a cultural touchstone in diasporas, says Nazira Mawji, an educator whose doctoral dissertation focused on Ismaili women's experiences in Canada.

"When families were leaving the last place of settlement where they came from, there was very little they could take with them in the sense of physical belongings that would make them feel

comfortable in a strange land," says Mawji. "One of those most important aspects was food. If they could make the food, they could turn any place into their homeland. Food was not only something that made a new place of settlement into home, but it was also a way [for women] of gaining independence within the family, being important within the family and also a way of earning a living."

In a few short years, Nimji went from being a homemaker catering small community parties to a local celebrity that all Calgarians wanted to learn from. She hosted cooking demonstrations at local community centres, at a store in downtown Calgary called the Cookbook Company and at the Calgary Stampede, where she funded the annual Ismaili-Canadian pancake breakfast that featured bharazi-stuffed mandazi (coconut doughnuts). She also hosted her own events. Whether she was on stage or in the crowd, she always patiently answered questions from visitors about recreating a certain restaurant dish at home, explaining that not all curries were spicy and offering Indian-style options for preparing Alberta beef.

"Even when we were trying to [land on] the name 'A Spicy Touch'... I could get that the general Caucasian population could be scared of spicy food," says Akbar. Without TV coverage of Indian food or the internet's trove of how-to videos, Nimji became a guide for many non-Ismailis who wanted to add a spicy touch to their diets.


One of those people was Karen Anderson, a nurse who took her first cooking class with Nimji in the 1990s. Anderson was drawn to her teacher's humility and impeccable cooking skills.

"One of the biggest things she taught me was tasting, tasting, tasting along the way to educate your palate," she says.

Anderson became a devoted student of Nimji's and eventually co-authored the fourth volume of *A Spicy Touch* with her: *A Spicy Touch: Family Favourites from*

Noorbanu Nimji's Kitchen, published in 2015 as a best-of collection from Nimji's archive, with new recipes from family and friends. The book was received with praise in the food world, receiving silver medals at the Independent Publisher Book Awards and for Best Regional/Cultural Cookbook at the Taste Canada Awards. In addition to her spot on *Western Living's* Foodies of the Year list, she also received positive coverage in the *Globe and Mail* and on CBC.

"As a devoted friend, to see somebody who worked their whole life never expecting any recognition be recognized, that was really fulfilling for me," says Anderson, who took over many of the promotional duties of the book due to Nimji's failing health. "[Noorbanu] was quietly thrilled by the awards."

But even as she wound down her public appearances in the last years of her life, Nimji's goal of preserving her community's traditions was wrapped up in every samosa and stirred into every fragrant sauce. Eating one of Nimji's dishes was like participating in "history that she made, and that her mother made for her, and that her mother's mother made for her," says Akbar. "That's the legacy that she wanted: that [our] people should not forget who they really are." 

FROM HER HOME
KITCHEN, SHE
SERVED AS A ONE-
WOMAN CULTURAL
COUNCIL, ENSURING
THAT MULTIPLE
GENERATIONS OF
ISMAILIS COULD
LEARN ABOUT AND
APPRECIATE THEIR
HOMELANDS.



This silky chicken dish is just one of more than 200 delicious recipes found in Nimji's fourth and final cookbook. *A Spicy Touch: Family Favourites* from Noorbanu Nimji's Kitchen. \$35, indigo.ca.

Kuku Paka

Chicken, Potatoes and Eggs
in a Coconut Sauce

Time: 1 hour; **Yield:** 6 servings

This is a most beloved recipe. It's a great example of the fusion of flavours that resulted when the Ismaili people of the Gujarat in India immigrated to East Africa in the 1920s. They brought their knowledge of spices and adapted their use to the new ingredients they found. The combination of those spices with coconut, chicken, eggs and potatoes makes this one of the Nimji family's all-time favourites. We hope it will be one of yours as well.

- 4 eggs
- 4 medium-sized potatoes
- 2 tbsp coconut oil
- ½ cup finely chopped onion
- 2 ¼ lbs bone-in chicken pieces, skinned
- 1 cup chopped tomato
- ½ tsp finely minced garlic
- ½ tsp finely minced ginger
- ½ tsp sambal oelek chili paste, or to taste
- ½ tsp Indian chili powder, or to taste
- 1 tsp salt
- ½ tsp ground cumin
- ½ tsp ground coriander
- ⅛ tsp turmeric
- 1 398-mL can coconut cream
- 1 398-mL can coconut milk
- ½ cup whipping cream (or coconut cream if you want the dish to be dairy-free), optional
- 1 tbsp finely cut coriander leaves
- 2 to 3 tbsp lemon juice

1. Bring water to boil in a small saucepan. Add eggs and cook for 8 min. Drain the water and replace with cold water. Once the eggs have cooled, peel them; slice them in half lengthwise and set aside.
 2. Peel and boil potatoes in another pot on medium-high heat until firm but cooked, about 10 to 15 min. Drain and set aside.
 3. Heat the oil in a large deep-sided skillet. Add the onions, cook and stir on medium heat until soft and translucent.
 4. Stir in the chicken, tomatoes, garlic, ginger, chili paste, chili powder, salt, cumin, coriander and turmeric. Cook on medium until chicken is almost done; it will be tender when pricked and have pink juices flowing from it.
 5. Add the coconut cream and milk and enough water so that the gravy does not quite cover the chicken pieces. Cook chicken until juices run clear when pierced.
 6. Add the whipping cream (if using), eggs, potatoes, coriander leaves and lemon juice and cook until heated through, 2 to 3 min.
- Kitchen tip** To save time, broil chicken pieces on a baking tray until lightly brown before adding to the onions.
- Kitchen tip** You can prep the eggs and potatoes a day ahead and keep them in the fridge.

Recipe by Karen Anderson and Noorbanu Nimji, from A Spicy Touch: Family Favourites from Noorbanu Nimji's Kitchen. Copyright © 2020 by Karen Anderson and Noorbanu Nimji. Reprinted with permission of TouchWood Editions.

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THIS TAKES THE CAKE!

We took four classic cake styles—single layer, layered, sheet and bundt—and turned them on their heads (in the case of our rhubarb upside-down cake, quite literally). Whatever spring brings, one thing is certain: You're covered for treats all season long

Recipes by IRENE NGO *Produced by* SUN NGO *Photography by* ERIK PUTZ *Food styling by* DARA SUTIN
Prop styling by CATHERINE DOHERTY *Painted surfaces by* CAITLIN DOHERTY

**RHUBARB
UPSIDE-DOWN CAKE**

P 78



**MINI LEMON
BUNDT CAKES**

P 78





**PISTACHIO CAKE
WITH ORANGE
BLOSSOM ICING**

MAKING THESE IS A CAKEWALK.

Rhubarb Upside-Down Cake

Serves 10

Prep 20 min; total 1 hr 35 min

Topping

- 1 tbsp unsalted butter, at room temperature
- ¼ cup granulated sugar (48 g)
- 300 g fresh rhubarb stalks
- ¼ cup strawberry jam, divided

Batter

- 1¼ cups all-purpose flour (150 g)
- ½ cup ground almonds (50 g)
- 1½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup unsalted butter, at room temperature
- ¾ cup granulated sugar (144 g)
- 2 eggs
- ½ tsp almond extract
- ¾ cup buttermilk

1. Position rack in centre of oven and preheat to 350F. Spray the bottom of a 9-in. round baking pan with oil. Line bottom with parchment. Coat bottom and side with 1 tbsp butter. Sprinkle ¼ cup sugar evenly over bottom. Cut rhubarb stalks to fit snugly inside the pan and arrange in rows, concave-side down. Brush 2 tbsp jam over rhubarb.

2. Batter: Whisk flour with ground almonds, baking powder, baking soda and salt in a medium bowl.

3. Beat ½ cup butter and ¾ cup sugar in a large bowl with an electric mixer on medium until light and fluffy, 2 to 3 min. Beat in eggs, 1 at a time, scraping side of bowl

after each addition. Beat in almond extract.

4. Beat in flour mixture on low in three additions, alternating with buttermilk, until just combined. Spread over rhubarb, smoothing top.

5. Bake until cake is browned and a cake tester inserted into the centre comes out clean, 40 to 45 min, covering with foil if browning too quickly. Let stand 30 min. Run a knife around edge of pan. Place a large platter overtop and carefully invert. Discard parchment.

6. Microwave remaining 2 tbsp jam until warm, then brush over the top. Serve cake warm.

Kitchen tip Instead of laying out the rhubarb stalks in rows, you can cut them into smaller pieces and arrange them in other creative geometric patterns.

Mini Lemon Bundt Cakes

Serves 6

Prep 15 min; total 2 hr 15 min

Cake

- 1¼ cups all-purpose flour (150 g)
- ¾ cup granulated sugar (144 g)
- 1½ tsp baking powder
- 1½ tsp lemon zest
- ¼ tsp salt
- 2 eggs, at room temperature
- ⅓ cup canola oil
- 3 tbsp buttermilk
- 1 tsp vanilla
- 2 tbsp lemon juice

Glaze

- 1 cup icing sugar (200 g)
- 2 to 3 tbsp lemon juice

- 1 or 2 drops pink or red liquid food colouring (optional)
- ½ tsp lemon thyme leaves (optional)

1. Position rack in centre of oven and preheat to 350F. Spray a 6-mould mini bundt pan with non-stick flour-based baking spray.

2. Cake: Stir flour with granulated sugar, baking powder, lemon zest and salt in a medium bowl.

3. Whisk eggs with oil, buttermilk and vanilla in

STRAWBERRY-CHOCOLATE CAKE

P 79



a large bowl. Stir in flour mixture until just combined. Stir in lemon juice. Divide batter evenly between bundt moulds.

4. Bake until tops are golden and a cake tester inserted in centre of cakes comes out clean, 30 to 32 min. Transfer to a rack and cool completely, about 1 hr.

5. Invert pan to release cooled cakes onto rack. Set the rack over a baking sheet.

6. Glaze: Stir icing sugar with 2 tbsp lemon juice, food

colouring and lemon thyme leaves until smooth. Stir in remaining lemon juice, 1 tsp at a time, until it forms a thick but drizzly consistency (you may not need all of the lemon juice). Drizzle over bundt cakes. Sprinkle with more lemon zest and lemon thyme leaves, if desired. Let stand until glaze is firm, about 30 min.

Kitchen tip Using a non-stick flour-based baking spray, such as Pam, is essential to ensure the cakes release easily from the smaller, sharper crevices in the pan.

Pistachio Cake with Orange Blossom Icing

Serves 12

Prep 40 min; total 2 hr 10 min

Cake

- 4 8- to 9-in. disposable foil cake pans
- 1 cup pistachios (150 g)
- $\frac{3}{4}$ cup cake-and-pastry flour (90 g)
- $\frac{1}{4}$ tsp salt
- 9 eggs, separated, at room temperature
- $1\frac{1}{2}$ cups granulated sugar, divided (288 g)
- $1\frac{1}{2}$ tsp vanilla
- $\frac{3}{4}$ tsp orange zest
- 20 drops green liquid food colouring

Icing

- $\frac{2}{3}$ cup granulated sugar (128 g)
- 5 tbsp cake-and-pastry flour (37 g)
- 1 cup 2% milk, warmed
- 1 cup unsalted butter, at room temperature
- 2 tbsp orange blossom water
- $\frac{1}{4}$ tsp salt

1. Position rack in centre of oven and preheat to 350F. Line 4 disposable foil cake pans with parchment, then spray with non-stick flour-based baking spray.
2. Combine pistachios with $\frac{3}{4}$ cup flour and $\frac{1}{4}$ tsp salt in

a food processor. Whirl until pistachios are finely ground. Sift into a medium bowl. If coarser pieces remain in sieve, whirl again in food processor and sift into same bowl. Set aside.

3. Beat egg whites, using an electric mixer on medium-high, in a large bowl until foamy, about 2 min. Continue beating, gradually adding $\frac{3}{4}$ cup granulated sugar until medium-stiff peaks form, 3 to 4 min more. Set aside.

4. Combine egg yolks with remaining $\frac{3}{4}$ cup sugar in a very large bowl. Beat, using same electric mixer on medium-high, until pale yellow and thick, 3 to 4 min. Beat in vanilla, orange zest and food colouring until combined.

5. Gently fold one-third of the egg white mixture into yolk mixture, using a rubber spatula, until no streaks remain. Gently fold in remaining egg whites.

6. Sprinkle one-third of the pistachio mixture overtop. Gently fold until no streaks remain. Repeat process with remaining pistachio mixture. The batter should look fluffy, similar to meringue.

7. Divide batter evenly among prepared pans. Smooth tops to make as even as possible.

8. Bake until the tops of cakes are golden, and a cake tester inserted into centre of cakes comes out clean, 18 to 20 min. Transfer pans to a rack and cool completely, about 1 hr.

9. Icing: Meanwhile, combine $\frac{2}{3}$ cup granulated sugar and 5 tbsp flour in a medium saucepan set over medium. While whisking constantly, gradually pour in milk. Whisk until smooth. Continue whisking until mixture thickens to a pudding-like consistency and starts pulling away from bottom of pan, 2 to 4 min. Transfer mixture

to a medium bowl. Lay a piece of plastic wrap directly on surface to prevent skin from forming. Let cool to room temperature, about 1 hr.

10. Beat butter, using an electric mixer on high, in a large bowl until fluffy, 1 min. Beat in cooled sugar mixture, 1 tbsp at a time, until each addition is well combined and stiff peaks form. Beat in orange blossom water and salt.

11. Assemble cake by placing 1 cooled layer on a large plate or cake stand. Lay short strips of parchment paper under edges of cake to protect the plate. Spread cake with $\frac{3}{4}$ cup icing, right to edge. Top with another cake layer. Repeat icing and layering with remaining cake layers. Then very thinly spread remaining icing on top and around sides of cake (scraping off excess icing to create a "naked" look).

Kitchen tip Cake-and-pastry flour is ideal for cakes with a light, airy texture, like sponge cakes. Using all-purpose flour may produce a denser cake.

Strawberry-Chocolate Cake

Serves 12

Prep 25 min; total 1 hr 55 min

Cake

- $1\frac{3}{4}$ cups all-purpose flour (210 g)
- $1\frac{1}{2}$ cups granulated sugar (288 g)
- $\frac{2}{3}$ cup cocoa powder (53 g)
- $1\frac{1}{2}$ tsp baking soda
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 2 eggs
- $\frac{2}{3}$ cup buttermilk
- $\frac{1}{2}$ cup canola oil
- 2 tsp vanilla
- $\frac{1}{2}$ cup hot water

Icing

- $\frac{3}{4}$ cup unsalted butter, at room temperature

- 2 cups icing sugar, sifted (400 g)
- $\frac{1}{4}$ cup strawberry jam
- $\frac{1}{2}$ tsp vanilla
- Pink liquid food colouring (optional)

Garnish

- Sliced strawberries (optional)
- Freeze-dried strawberries, crumbled (optional)
- Mint leaves (optional)

1. Position rack in centre of oven and preheat to 350F. Line a 9×13-in. baking pan with overhanging parchment on long sides.
 2. Cake: Whisk flour with sugar, cocoa, baking soda, baking powder and salt in a medium bowl.
 3. Whisk eggs with buttermilk, oil and vanilla in a large bowl. Stir in flour mixture until just combined. Whisk in hot water. Pour into prepared pan.
 4. Bake until a cake tester inserted in centre of cake comes out clean, about 30 min. Let cake cool in pan for 30 min, then transfer to a rack and cool completely, about 30 min.
 5. Icing: Beat butter in a large bowl, using an electric mixer on medium, until fluffy, 30 sec. Gradually beat in icing sugar on low, scraping bottom and side of bowl as needed. Beat in jam and vanilla until combined. Beat in food colouring until you reach the desired colour.
 6. Place cake on a platter. Spread icing over top only, leaving a thin border at edge.
 7. Garnish: Decorate top of cake with sliced strawberries, freeze-dried strawberries and mint leaves.
- Kitchen tip** Unlike dried strawberries, freeze-dried strawberries have all their moisture removed, giving them a dry, crisp texture.



All dressed

We levelled up these meal-in-a-bowl salads with hearty additions, like smoked trout, bacon, wild rice and steak, then added fresher-than-fresh dressings and all the toppings. Which one to try first? It's a toss-up.

Recipes by **IRENE NGO and LINDSAY GUSCOTT**

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**Hot-Smoked
Trout and Rice
Noodle Salad**

p 86





Warm Wild Rice Salad

p 86





**Greek Chicken
Salad**

p 86



**Charred Cabbage
and Bacon
Panzanella**

p 87



Broiled Steak and Spring Kale Caesar

p 87





Hot-Smoked Trout and Rice Noodle Salad

Serves 4

Prep 25 min; total 30 min

- 200 g rice vermicelli noodles
- 1/3 cup lime juice
- 3 tbsp fish sauce
- 1 tsp granulated sugar
- 1 small shallot, thinly sliced
- 1 garlic clove, minced
- 1 bird's eye chili, thinly sliced (optional)
- 2 mini cucumbers, thinly sliced
- 2 heads baby gem lettuce, thinly sliced
- 2 cups loosely packed mixed herbs, such as basil, mint and cilantro, divided
- 180 g hot-smoked trout, separated into bite-sized pieces
- 1/2 cup coarsely chopped roasted cashews

1. Bring a medium pot of water to a boil. Remove from heat and add noodles. Cover and set aside, stirring occasionally, until al dente, 6 to 8 min.
 2. Meanwhile, whisk lime juice, fish sauce and sugar in a large bowl. Stir in shallot, garlic and bird's eye chili.
 3. Drain and rinse noodles under cool running water. Drain again.
 4. Add noodles, cucumber, lettuce and half of the herbs to dressing. Toss gently to combine.
 5. Divide salad among 4 plates. Top with trout. Sprinkle with cashews and remaining herbs.
- Kitchen tip** Hot-smoked trout (or salmon) uses a combination of smoke and heat to "cook" the fish, unlike cold-smoked options, which retain a raw-like texture. Look for hot-smoked fish in vacuum-sealed packaging in the refrigerated seafood section of your grocery store.



Warm Wild Rice Salad

Serves 4

Prep 25 min; total 25 min

- 3/4 cup wild rice
- 2 yellow squashes or zucchini, cut into 1/2-in.-thick half moons
- 1 large shallot, finely chopped
- 3 tbsp olive oil, divided
- 1/4 cup red wine vinegar
- 2 tsp honey
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 4 cups parsley leaves
- 2 cups store-bought crispy pita chips, roughly broken
- 1 pint cherry tomatoes, halved

1. Cook wild rice following package directions.
 2. Meanwhile, heat a large non-stick pan over medium-high. Add squash to dry pan. Cook until golden-brown, 2 to 3 min per side. Transfer to a bowl.
 3. Reduce heat to low. Add shallot and 1 tbsp oil to same pan. Cook, stirring often, until shallot softens, 1 to 2 min. Remove from heat. Stir in remaining 2 tbsp oil, vinegar, honey, Dijon and salt until combined. Season with pepper.
 4. Drain rice well. Add rice and squash to pan. Stir to coat. Divide among 4 plates. Top with parsley, pita chips and tomatoes.
- Kitchen tip** Despite its name, wild rice is actually an aquatic grass with an edible grain that has a firm texture and nutty flavour when cooked.



Greek Chicken Salad

Serves 4

Prep 25 min; total 30 min

- 600 g skinless, boneless chicken breasts, cut into 3/4-in. cubes
- 4 garlic cloves, minced, divided
- 3 tbsp chopped dill, divided
- 2 1/2 tbsp chopped oregano, divided
- 1/3 cup plus 2 tbsp olive oil, divided
- 2 tsp lemon zest
- 1 tsp salt, divided
- 2 tbsp lemon juice
- 1 tsp Dijon mustard
- 2 heads romaine lettuce, chopped
- 2 mini cucumbers, cut into 1/2-in. rounds
- 1 pint cherry tomatoes, halved
- 1/3 cup crumbled feta cheese
- 1/4 cup kalamata olives, pitted and halved (optional)
- 1 shallot, thinly sliced (optional)

1. Stir chicken with 3 minced garlic cloves, 2 tbsp dill, 2 tbsp oregano, 2 tbsp oil, lemon zest and 1/2 tsp salt in a large bowl until coated. Season with pepper. Set aside at room temperature for 10 min.
2. Meanwhile, whisk remaining minced garlic with lemon juice, Dijon and remaining 1/3 cup oil, 1 tbsp dill, 1/2 tbsp oregano and 1/2 tsp salt in a large bowl until combined. Set aside.
3. Heat a large non-stick frying pan over medium-high. Add chicken. Cook, stirring occasionally, until golden-brown and chicken is cooked through, 5 to 7 min.
4. Add romaine, cucumbers and tomatoes to dressing. Toss to coat. Divide among 4 plates. Top with chicken, feta, olives and shallot.



Charred Cabbage and Bacon Panzanella

Serves 4

Prep 25 min; total 45 min

- 1 small red onion, thinly sliced
- 3 tbsp lemon juice
- 1 tsp salt, divided
- ½ medium green cabbage, cut into 1-in. pieces, about 10 cups
- 3 tbsp olive oil, divided
- 6 slices bacon
- 1 demi-baguette, torn into ½-in. pieces, about 4 cups
- 1 pint cherry tomatoes, halved
- ½ cup firm blue cheese, such as Stilton, crumbled
- ¼ cup finely chopped chives

1. Position racks in top and bottom thirds of oven and preheat to 475F.
2. Combine onion, lemon juice and ½ tsp salt in a large bowl. Set aside to marinate.
3. Toss cabbage with 1 tbsp oil and remaining ½ tsp salt on a large rimmed baking sheet. Spread out in an even layer. Bake in top third of oven, stirring halfway through, until edges are blackened and crisp, about 20 min.
4. Meanwhile, lay bacon in single layer in a large ovenproof frying pan over medium-high. Cook, turning, until crisp, 4 to 5 min per side. Transfer bacon to a paper-towel-lined plate.
5. Discard all but 1 tbsp bacon fat in pan. Add bread to pan and stir to coat. Transfer to bottom third of oven. Roast, stirring halfway, until deep golden-brown, about 8 min.
6. Tear bacon into 1-in. pieces. Add bacon, cabbage, croutons, tomatoes and remaining 2 tbsp oil to onion mixture. Toss to combine.
7. Divide salad among 4 plates. Top with cheese and chives. Season with pepper.



Broiled Steak and Spring Kale Caesar

Serves 4

Prep 25 min; total 30 min

- 3 tbsp Montreal steak spice wet rub, such as Club House
- 3 tbsp hoisin sauce
- 2 beef strip loin steaks, each 300 g and 1 in. thick, at room temperature
- 1 bunch asparagus, ends trimmed
- 8 cups chopped kale leaves, about 1 large bunch
- 2 watermelon radishes, thinly sliced

Dressing

- ½ cup olive oil
- ½ cup finely grated Parmigiano-Reggiano cheese
- ⅓ cup lemon juice
- 3 garlic cloves, minced
- 1 tbsp mayonnaise
- 1½ tsp Dijon mustard
- 1½ tsp anchovy paste
- ½ tsp granulated sugar

1. Position rack in top third of oven and preheat broiler. Set a wire rack on a baking sheet.
2. Stir spice rub and hoisin in a small bowl. Spread all over steaks. Place steaks on 1 side of wire rack. Arrange asparagus in single layer on other side.
3. Broil until asparagus is tender and there is slight resistance on steaks when pressed with your finger, 3 to 4 min per side. Transfer to a cutting board.
4. Wash kale and squeeze dry. Transfer to a large bowl. Cut asparagus into 2-in. pieces. Add to bowl along with radishes.
5. Dressing: Whisk oil with cheese, lemon juice, garlic, mayo, Dijon, anchovy paste and sugar in a medium bowl. Season with pepper. Drizzle over salad. Toss to coat. Transfer to platter.
6. Thinly slice steak. Serve over salad.

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BUNS OUT

Whatever you fancy—plant-based, chicken, beef or breakfast-style—our roster of succulent sandwiches is packed with flavour and ready for prime time



Recipes by IRENE NGO, DONNA BOROOAH, CAROLYN CHUA *and* CHRISTINA FRANTZIS

Produced by STEPHANIE HAN KIM

Photography by ERIK PUTZ

Food styling by HALEY POLINSKY

Prop styling by MADELEINE JOHARI

**FRENCH
ONION
BURGER**

p 92



**CHICKEN
CAESAR
BURGER**

p 93



**PLANT-BASED
JUICY LUCY
BURGER**

p 93



**CHICKEN
PARMESAN
BURGER**

p 93



French Onion Burger

Serves 4

Prep 10 min; total 50 min

- 3 tbsp unsalted butter, divided
- 1 Spanish onion, sliced into rounds
- 1 cup beef broth
- 500 g lean ground beef

- 1 tbsp finely chopped thyme
- 2 tsp Dijon mustard
- ¼ tsp salt
- 1 tsp pepper, divided
- 4 slices Gruyère cheese
- 4 brioche burger buns, split
- ½ cup mayonnaise
- 1 tbsp chopped parsley
- 1 cup baby arugula (optional)

1. Melt butter in a large frying pan over medium. Reserve 1 tbsp in a small bowl. Add onion to pan and cook,

stirring often, until softened, about 8 min. Pour in broth and continue cooking, stirring occasionally, until onion is very soft, about 15 min.

2. Meanwhile, combine beef with thyme and Dijon in a large bowl. Divide into 4 portions, then form into four 4-in. patties. Sprinkle both sides with salt and ¼ tsp pepper.

3. Preheat barbecue or grill pan on medium. Oil grill. Cook patties, lid closed, until

cooked through, 5 to 6 min per side. Melt a slice of cheese on each patty, lid closed, 2 min.

4. Brush reserved 1 tbsp butter on insides of brioche buns, then place on grill to toast, about 2 min.

5. Meanwhile, stir mayo with parsley and remaining ¾ tsp pepper in a small bowl.

6. Spread bottom buns with pepper mayo. Layer with patties, sautéed onions and arugula. Sandwich with top bun.



Chicken Caesar Burger

Serves 4

Prep 25 min; total 25 min

Caesar Mayonnaise

- ¼ cup mayonnaise
- ¼ cup finely grated Parmigiano-Reggiano cheese
- 1½ tbsp Dijon mustard
- 1 tsp lemon zest
- 2 tsp lemon juice
- 1 small garlic clove, minced

Patties

- 450 g ground chicken
- ¼ cup Italian bread crumbs
- 1 tbsp anchovy paste
- 1 small garlic clove, minced
- 1 tbsp butter
- 2 cups torn romaine lettuce
- 4 burger buns, split and toasted
- 2 tbsp bacon bits (optional)

1. Caesar Mayonnaise: Stir mayonnaise with cheese, Dijon, lemon zest, lemon juice and garlic in a small bowl. Season with pepper.

2. Patties: Combine chicken with bread crumbs, anchovy paste, garlic and 2 tbsp Caesar Mayonnaise in a medium bowl. Season with pepper. Divide into 4 portions, then form into four 4-in.-wide patties.

3. Heat a large non-stick frying pan over medium. Add butter, then patties. Cook until meat springs back when touched, 3 to 4 min per side. Remove to a plate; keep warm.

4. Toss romaine leaves with 3 tbsp Caesar Mayonnaise. Spread bottom buns with remaining 1 tbsp Caesar Mayonnaise. Layer with patties and romaine. Sprinkle with bacon bits. Sandwich with top bun.

Grilling tip To barbecue, preheat to medium-high and oil grill. Cook patties,

covered, 3 to 4 min per side. Grill buns until golden, 1 min, watching carefully.



Okonomiyaki Breakfast Sandwich

Serves 4

Prep 15 min; total 25 min

Batter

- ⅓ cup all-purpose flour
- 1 tsp baking powder
- 1 tsp granulated sugar
- ¼ tsp salt
- 3 eggs
- ½ 397-g pkg coleslaw mix
- 2 green onions, chopped
- 4 slices thick-cut bacon, halved crosswise
- 4 brioche burger buns, split and toasted

Sauces

- 3 tbsp ketchup
- 3 tsp Worcestershire sauce
- 1 tsp soy sauce
- 3 tbsp mayonnaise
- 2 tbsp lemon juice

1. Batter: Whisk flour with baking powder, sugar and salt in a small bowl. Whisk eggs with 1 tbsp water in a medium bowl. Whisk in flour mixture until just combined, then stir in coleslaw and green onions.

2. Heat a large frying pan over medium. Add bacon and cook just until crisp, 4 to 7 min. Transfer to a paper-towel-lined plate. Discard fat, leaving 1 tbsp in pan. Mound 4 heaping ½-cup portions of coleslaw mixture in pan. Smooth to form rounds. Cook, covered with a lid, until both sides are golden and egg mixture is set, 3 to 4 min. Flip and continue cooking, uncovered, for 2 to 3 min.

3. Sauces: Meanwhile, stir ketchup with Worcestershire and soy in a small bowl. Stir mayonnaise with lemon juice in another small bowl.

4. Arrange okonomiyaki on burger buns. Drizzle with ketchup mixture and mayo mixture. Top with bacon. Sandwich with top bun.



Plant-Based Juicy Lucy Burger

Serves 4

Prep 15 min; total 25 min

Patties

- 2 340-g pkg plant-based ground "meat," such as Impossible
- 1 200-g pkg vegan fresh mozzarella, such as VegCheese, cut into 4 rounds
- ¼ tsp salt
- 1 tsp canola oil
- 4 burger buns, split and toasted

Toppings

- ¼ cup vegan mayonnaise (optional)
- ¼ cup ketchup (optional)
- 4 iceberg lettuce leaves
- 1 large tomato, sliced into ½-in.-thick rounds
- 1 large dill pickle, sliced

1. Divide each "meat" package into 4 squares. (You will have 8 portions.) Form each portion into a ball, then flatten each into a very thin patty, about 5 in. wide. Lay a cheese round in centre of 4 patties, then top with remaining patties. Pinch edges well to seal in cheese. Sprinkle both sides of patties with salt. Season with pepper.

2. Heat a large non-stick frying pan over medium. Add oil, then patties. Cook until patties are heated through, 4 to 5 min per side.

3. Spread bottom buns with vegan mayo and ketchup. Layer with patties, lettuce, tomatoes and pickles. Sandwich with top bun.



Chicken Parmesan Burger

Serves 4

Prep 20 min; total 30 min

- 1 large egg
- 1 cup panko bread crumbs
- 1 tbsp all-purpose flour
- 450 g ground chicken
- ¼ cup finely grated Parmigiano-Reggiano cheese
- 1 tsp onion powder
- ¾ tsp garlic salt
- 1½ cups canola oil
- 4 slices mozzarella cheese
- 4 brioche burger buns, split and toasted
- ½ cup marinara sauce
- 8 large basil leaves

1. Whisk egg in a shallow bowl. Pour panko into a second shallow bowl. Spread flour out on a small plate.

2. Combine chicken with cheese, onion powder and garlic salt in a large bowl. Season with pepper. Divide into 4 portions, then roll each into a ball.

3. One ball at a time, roll in flour, then press into a 3½-in.-wide patty. Coat in egg; shake off excess. Coat in panko, pressing to adhere. Transfer to a large plate. Repeat.

4. Heat a large non-stick frying pan over medium-high. Add enough oil to reach ¼ in. up the side of pan (about 1½ cups).

5. Add 2 patties to hot oil. Fry until golden-brown, 3 to 4 min per side. Transfer to a paper-towel-lined platter and top with a cheese slice.

6. Repeat with remaining patties. (If patties are getting too browned, reduce heat.)

7. Layer bottom buns with patties, then marinara sauce and basil. Sandwich with top bun. Serve immediately.

The dinner plan

Five easy weeknight meals

40
minutes
or less!



[MONDAY]

Chicken and Mango Rice Rolls with Satay Peanut Sauce



[TUESDAY]

One-Pan Roasted Salmon and Vegetables



[WEDNESDAY]

Grilled Shrimp, Corn and Sausage



[THURSDAY]

Crispy Chicken Thighs with Grilled Celery and Orange Salad



[FRIDAY]

Spinach and Artichoke Pasta



[MONDAY]

Chicken and Mango Rice Rolls with Satay Peanut Sauce

Serves 4

Prep 25 min; total 35 min

Satay Peanut Sauce

- 4 tsp natural smooth peanut butter
- 1 tbsp hoisin sauce
- 1 tbsp Thai red curry paste
- 1 tbsp chopped peanuts (optional)

Rolls

- 75 g thin rice vermicelli noodles
- ½ 900-g rotisserie chicken, skin discarded and meat shredded
- 1 large mango, pitted, peeled, cut into strips
- 1 red bell pepper, thinly sliced
- 1½ cups chopped cilantro
- ½ cup mint leaves
- 10 round rice paper sheets

1. Sauce: Stir peanut butter with hoisin, curry paste, ¼ cup water and peanuts in a medium bowl.

2. Rolls: Cook noodles following package directions, 3 to 4 min. Drain and rinse well. Arrange chicken, mango, red pepper, cilantro and mint on a large platter.

3. Lay a clean and damp kitchen towel on the counter. Fill a pie plate with warm water and place beside the kitchen towel. Dip 1 rice paper sheet into water and leave until pliable, about 30 sec. Lay softened sheet on towel. Arrange about 1 cup of desired toppings along bottom third of sheet.

4. Lift sheet edge closest to you up and over filling, then roll toward the centre. Fold in sides, then continue rolling to form a log. Set seam-side down on a platter. Repeat with remaining ingredients. Slice rolls in half diagonally. Serve with Satay Peanut Sauce.



[TUESDAY]

One-Pan Roasted Salmon and Vegetables

Serves 4

Prep 10 min; total 40 min

- 1 cauliflower, cut into small florets
- 1 zucchini, cut into ½-in.-thick half moons
- 1 red bell pepper, cut into 1-in. pieces
- 3 tbsp olive oil
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp salt, divided
- 4 salmon fillets, each about 113 g and 1 in. thick
- 2 tbsp apricot jam
- 2 tbsp white balsamic vinegar
- Lemon wedges (optional)

1. Position rack in centre of oven, then preheat to 400F. Line a large baking sheet with foil.

2. Toss cauliflower, zucchini and bell pepper with oil, coriander, cumin and ½ tsp salt on prepared sheet. Spread in a single layer. Roast until vegetables are tender-crisp, about 20 min. Flip vegetables and push to the edges of sheet.

3. Carefully arrange salmon, skin-side down, in centre of sheet. Sprinkle with remaining ½ tsp salt. Stir jam with vinegar in a small bowl. Brush over fish. Return to oven.

4. Roast until a knife tip inserted into thickest part of fish comes out warm, 10 to 12 min. Divide salmon and vegetables among 4 plates. Serve with a squeeze of lemon wedge.



[WEDNESDAY]

Grilled Shrimp, Corn and Sausage

Serves 4

Prep 15 min; total 30 min

- 680 g mini yellow potatoes
- 3 corn cobs, husks removed
- ¼ cup unsalted butter, melted
- 2 tsp celery salt
- 1 tsp smoked paprika
- ½ tsp pepper
- ¼ tsp allspice
- ⅛ tsp cayenne pepper
- 1 kg frozen large shell-on shrimp, thawed
- 250 g kielbasa sausage, cut into 1-in. pieces
- 2 tbsp finely chopped parsley

1. Bring a large pot of water to a boil. Add potatoes and cook until fork-tender, 5 to 7 min. Add corn during the last 3 min of cooking. Drain very well and transfer to a baking sheet.

2. Preheat barbecue to medium-high. Stir butter with celery salt, paprika, pepper, allspice and cayenne in a small bowl. Add shrimp and sausage to baking sheet. Brush with seasoned butter.

3. Oil grill. Barbecue corn, potatoes, shrimp and sausages until grill marks form and shrimp turn pink, 2 to 3 min per side. Transfer to a platter. Cut each corn cob into 4 pieces. Sprinkle with parsley.



[THURSDAY]

Crispy Chicken Thighs with Grilled Celery and Orange Salad

Serves 4

Prep 20 min; total 35 min

- 1 head celery, leaves reserved
- 8 skin-on, bone-in chicken thighs
- $\frac{3}{4}$ tsp salt, divided
- 3 oranges
- $\frac{1}{2}$ small red onion, thinly sliced
- 1 tbsp white wine vinegar
- 1 tsp honey
- 1 tbsp olive oil
- 3 tsp Louisiana-style hot sauce, divided

1. Preheat barbecue to medium-high. Separate celery stalks. Leaving the larger and thicker stalks intact, chop any thinner inside stalks and leaves into 1-in. pieces and set aside.
2. Oil grill. Season chicken with $\frac{1}{2}$ tsp salt. Arrange skin-side down on grill. Add whole celery stalks. Reduce heat to medium. Cook, lid closed, turning chicken and celery every 5 min until chicken feels springy and celery is lightly charred, 20 to 25 min.
3. Meanwhile, slice peel from top and bottom of oranges. Cut off and discard remaining peel, including white pith, so flesh is showing. Cut out segments onto a plate. Squeeze leftover orange pulp to extract remaining juice into a small bowl.
4. Combine onion with 1 tbsp orange juice, vinegar, honey and remaining $\frac{1}{4}$ tsp salt in a small frying pan. Set over medium. Cook, stirring, until onion softens, about 3 min. Transfer to a large bowl. Stir in olive oil and 1 tsp hot sauce.
5. Transfer chicken to a plate and brush with remaining 2 tsp hot sauce. Cut grilled celery diagonally into 1-in. pieces. Stir orange segments and grilled celery into onion dressing. Divide salad and chicken thighs among 4 plates. Sprinkle salad with reserved chopped celery stalks and leaves just before serving.



[FRIDAY]

Spinach and Artichoke Pasta

Serves 4

Prep 15 min; total 35 min

- 250 g spaghetti pasta
- 2 tsp olive oil
- 1 small onion, thinly sliced
- 1 142-g pkg baby spinach
- 1 398-mL can artichoke hearts, drained and chopped
- 3 garlic cloves, minced
- $\frac{1}{2}$ cup vegetable broth
- $\frac{3}{4}$ cup grated Parmigiano-Reggiano
- $\frac{1}{2}$ 250-g brick cream cheese, cubed
- 1 tbsp lemon juice
- 2 tsp lemon zest
- $\frac{1}{2}$ tsp hot pepper flakes (optional)
- $\frac{1}{3}$ cup toasted panko bread crumbs (optional)

1. Cook pasta following package directions, 9 to 10 min. Reserve $\frac{1}{2}$ cup pasta water, then drain pasta and return to pot.
 2. Heat a large frying pan over medium-high. Add oil, then onion. Cook, stirring occasionally, until just golden, 4 to 5 min. Stir in spinach, artichokes and garlic until spinach starts to wilt, 1 to 2 min.
 3. Stir in broth, both cheeses and lemon juice. Stir until cheese melts, then add pasta. If pasta seems dry, stir in $\frac{1}{4}$ cup reserved pasta water. Stir until coated. (Add remaining $\frac{1}{4}$ cup pasta water if needed.) Stir in lemon zest and pepper flakes. Divide between plates. Sprinkle with toasted panko bread crumbs. Top with more Parmigiano-Reggiano, if desired.
- Kitchen tip** Toast panko bread crumbs in a dry frying pan over medium-high until golden brown, 2 to 3 min.



White Asparagus with Bacon Pangrattato

Serves 4

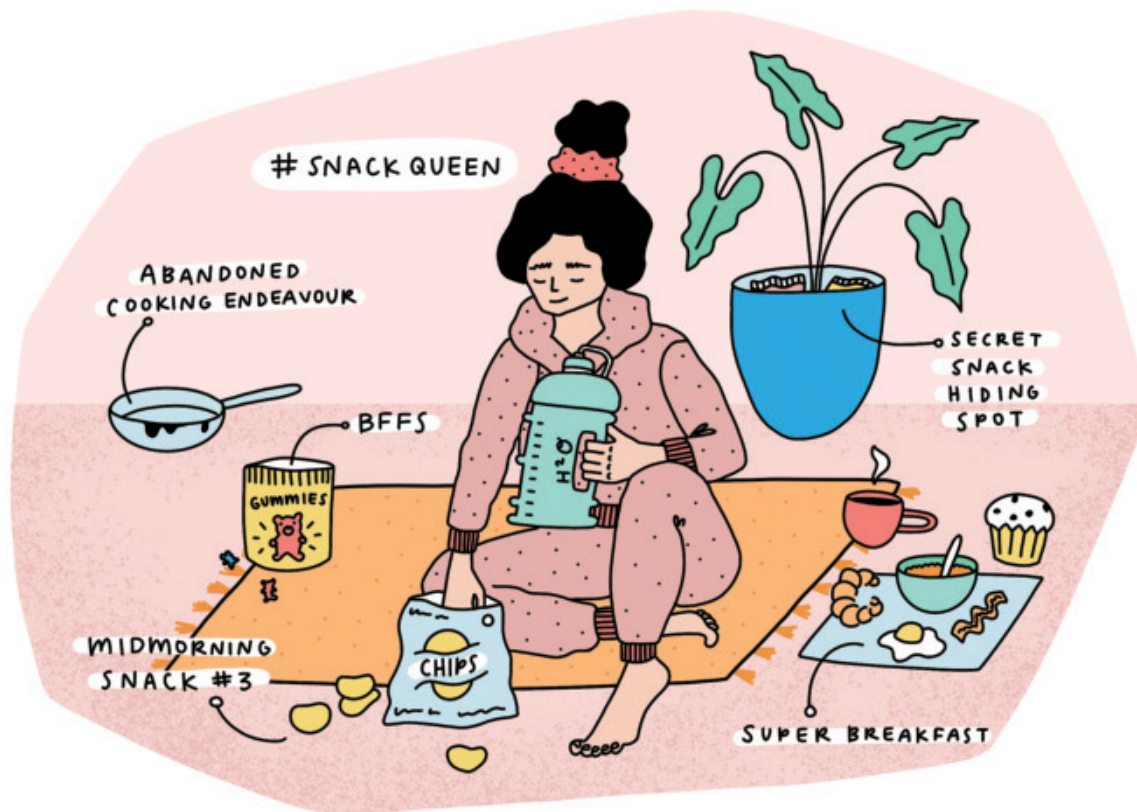
Prep 20 min; total 25 min

- 500 g white asparagus
- 2 slices bacon, finely chopped
- $\frac{1}{4}$ cup Italian bread crumbs
- 1 tbsp lemon zest
- 3 tbsp butter
- 2 tbsp chopped parsley or microgreens

1. Fill a medium saucepan halfway with water and bring to a boil. Break off and discard tough ends from asparagus, then peel bottom third of stalks with a vegetable peeler. Add asparagus to boiling water. Boil until tender-crisp, 5 to 6 min. Using tongs, remove asparagus from water and immediately plunge into a bowl of cold water. Drain and pat dry. Set aside.
2. Heat a large non-stick pan over medium-high heat. Add bacon and bread crumbs. Cook, stirring occasionally, until crispy, 3 to 5 min. Transfer bacon mixture to a small bowl and stir in lemon zest. Set aside.
3. Add butter to the same pan. Melt, swirling pan occasionally, until butter becomes foamy, smells nutty and turns dark brown, 2 to 4 min. Add asparagus and cook until warmed through, 1 to 2 min.
4. Arrange asparagus on a platter and drizzle browned butter overtop. Sprinkle with bacon mixture and parsley. Squeeze a lemon wedge overtop, if desired, for extra tang.



HUMOUR



How to stop snacking between snacks

Written by **FLANNERY DEAN** Illustration by **LEEANDRA CIANCI**

SNACKING BETWEEN MEALS is a sign you didn't eat enough earlier. That's okay. Snacking between snacks, however, is a clear sign that you are suffering from a condition known as Phase 4 Boredom-Related Constant Grazing Syndrome. This is serious stuff. The good news? It's easy to stop with a few mild to moderate lifestyle changes. Here's what has worked for me.

EAT BIGGER, MORE FILLING SNACKS BETWEEN SNACKS. A granola bar won't cut it. As a rule, midmorning snack #3 should fill a child's backpack.

DRINK LOTS OF WATER THROUGHOUT THE DAY. During work hours, I wear a hydration vest. As a result, I usually feel too seasick to eat anything.

INCORPORATE SNACKS INTO YOUR MAIN MEALS. For instance, I mix a venti vanilla latte and three biscotti into my overnight oats for a great breakfast-early-morning-snack-#1 combo, thereby reducing the need for at least one stand-alone snack.

IDLE HANDS ARE SNACKING HANDS. Tune a piano. Build a porch swing. Immerse your hands in foul-smelling compost. It's nearly impossible to enjoy late afternoon snack #5 if your hands smell rancid. Don't ask me how I know.

IF YOU TEND TO SNACK WHILE YOU COOK, STOP COOKING IMMEDIATELY. Seriously, stop. Drop the pan and run... to the grocery store to buy prepared meals.

CONSIDER THE REAL REASON YOU'RE SNACKING BETWEEN SNACKS. Many of us look to the pantry to fill an emotional need. That's okay. Gummy bears are great listeners. There's no law that says you have to eat them; you can just enjoy their company.

MAKE SNACKING HARDER TO DO. Think about burying your go-to small bites in the garden. Worried you'll dig them up? Have a neighbour hide the shovel. Afraid you'll paw at the ground with your hands? Remove your fingernails. It's really that easy. 

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